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Your essential daily news | WEDNESDAY, NOVEMBER 4, 2015

High 16°C/Low 5°C Foggy, then sunny

THREATS CONTINUE

A Gatineau police cruiser outside the Wakefield Elementary School Tuesday morning. LUCY SCHOLEY/METRO

It's the third time in two weeks an area school has closed due to bomb scares metroNEWS

City tries to strike balance on ghost bikes

MUNICIPAL MATTERS

Some propose six-month limit on the memorials

Lucy Scholey
Metro | Ottawa

Ottawa Mayor Jim Watson is joining the chorus of councillors calling for a longer allotted timeline for ghost bikes and other roadside shrines.

Capital Coun. David Chernushenko will be proposing a six-month cap on roadside memorials, rather than a 90-day limit as laid out in a city staff report.

Watson agrees the six-month time-frame is "reasonable."

"While I appreciate people are going through a traumatic experience of losing a loved one, I think we also have to balance the fact that this is public space," he said.

The draft policy on the memorials drew a mix of criticisms from cycling advocates calling on the city to focus on road infrastructure improvements instead of a roadside memorial policy.

Ghost bikes are common examples of roadside shrines, such as the white spray-painted bike on the corner of Bank and Riverside commemorating the death of cyclist Meg Dussault. City staff say they have heard complaints that memorials are distracting for motorists.

Knoxdale-Merivale Coun. Keith Egli, who chairs the transportation committee, said a six-month time-frame strikes a balance between those who do not want to see any memorials and those who want the cap scrapped.

On her blog, Somerset Coun. Catherine McKenney said a one-year limit, like in Winnipeg and Mississauga, Ont., is more appropriate.

The policy will be before the transportation committee today.

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Users aren't loving Twitter's new hearts. **Business**

LABOUR

Support staff may escalate strike

The union representing some school support staff says if the trustee associations follow through on their threat to dock their pay, they will escalate job action.

Paul Elliott, the president of the Ontario Secondary School Teachers' Federation (OSSTF), which represents some of Ontario's school support staff, says they are some of the lowest-paid employees in the education system.

He says it is "beyond reasoning" that the government would authorize action against his hard-working members.

The trustee associations asked the Liberal government for permission to dock the pay of elementary teachers and support staff represented both by OSSTF and the Canadian Union of Public Employees, who had been on work-to-rule campaigns.

The government reached deals with the other two unions Monday, ending their work-to-rule strikes, but gave consent for the pay of the OSSTF workers to be docked if they don't end their job action.

If the trustee associations follow through, they would have to give OSSTF five days notice, which hasn't yet happened — but if it does, Elliott says his members will escalate their strike.

THE CANADIAN PRESS

Bargaining continues for Ottawa teachers

EDUCATION

Central deal was reached on Monday afternoon

Haley Ritchie
Metro | Ottawa

Elementary school teachers, students and parents in Ottawa were all breathing sighs of relief Monday afternoon when it was announced that a tentative deal had finally been reached with the provincial government.

Both sides announced the deal Monday afternoon, but details will remain confidential until it is ratified.

As part of the agreement, Elementary Teachers' Federation of Ontario (ETFO) teachers will end work-to-rule action immediately.

Suspended extracurricular activities will resume, and teachers will complete report cards, although they may be late getting to parents.

The Ottawa-Carleton District School Board (OCDSB) was most affected by the work-to-rule, since Catholic teachers reached a deal in August.

"This is excellent and very welcome news for elementary students and their families and for our staff," said board chairwoman Shirley Seward in a statement.

"We are very pleased with this news and appreciate ETFO's immediate lifting of sanctions," added the OCDSB's director of education, Jennifer Adams. "Schools will move quickly to confirm with students and parents when individual activities will resume."

Ottawa ETFO chapter president Peter Giuliani said local units wouldn't be speaking with media until a full briefing takes place over the next few days.

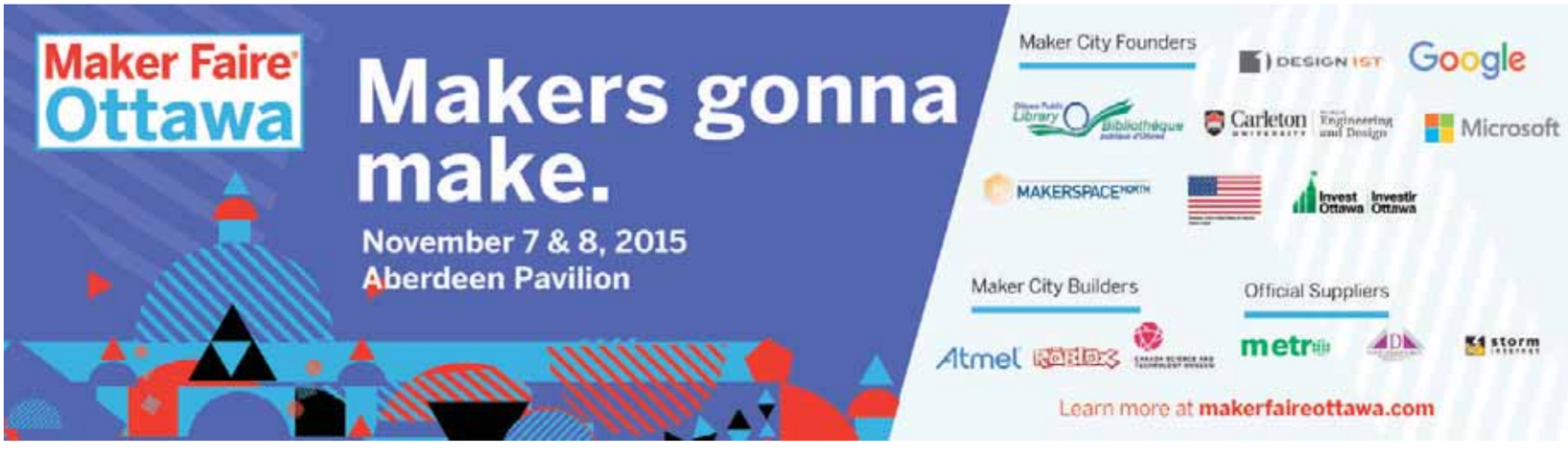
While the work-to-rule has ended, elementary school teachers do not have a new contract yet. Even as the deal is ratified at the provincial level, bargaining will continue on a local level.

"The District remains committed to negotiating local agreements with elementary teachers and occasional teachers and educational support workers," said the board in a statement.

While janitorial staff represented by CUPE also reached a deal, educational support workers represented by the OSSTF, including secretaries, remain on strike.

Education minister Liz Sandals has said their pay may be docked if a deal cannot be reached.

PARLIAMENTARY PLANTING READY FOR SPRING Grounds workers spent yesterday's spring-like weather on Parliament Hill planting tulip bulbs for next year. Tulips, hyacinths and daffodils all need to be planted in late fall in order to bloom in spring. HALEY RITCHIE/METRO



Public invited to swearing-in

CEREMONY

Justin Trudeau to officially become 23rd prime minister

Michael Woods
Metro | Ottawa

Canada will officially have a new prime minister Wednesday, and everyone's invited to Rideau Hall to watch.

At 9:45 a.m., Prime Minister-designate Justin Trudeau and his ministers-to-be will arrive by bus, stroll up the governor general's driveway together and head inside to be sworn in.

The arrival plan is a stark contrast from past cabinet swearing-in ceremonies, when MPs arrived individually or with their families in separate cars.

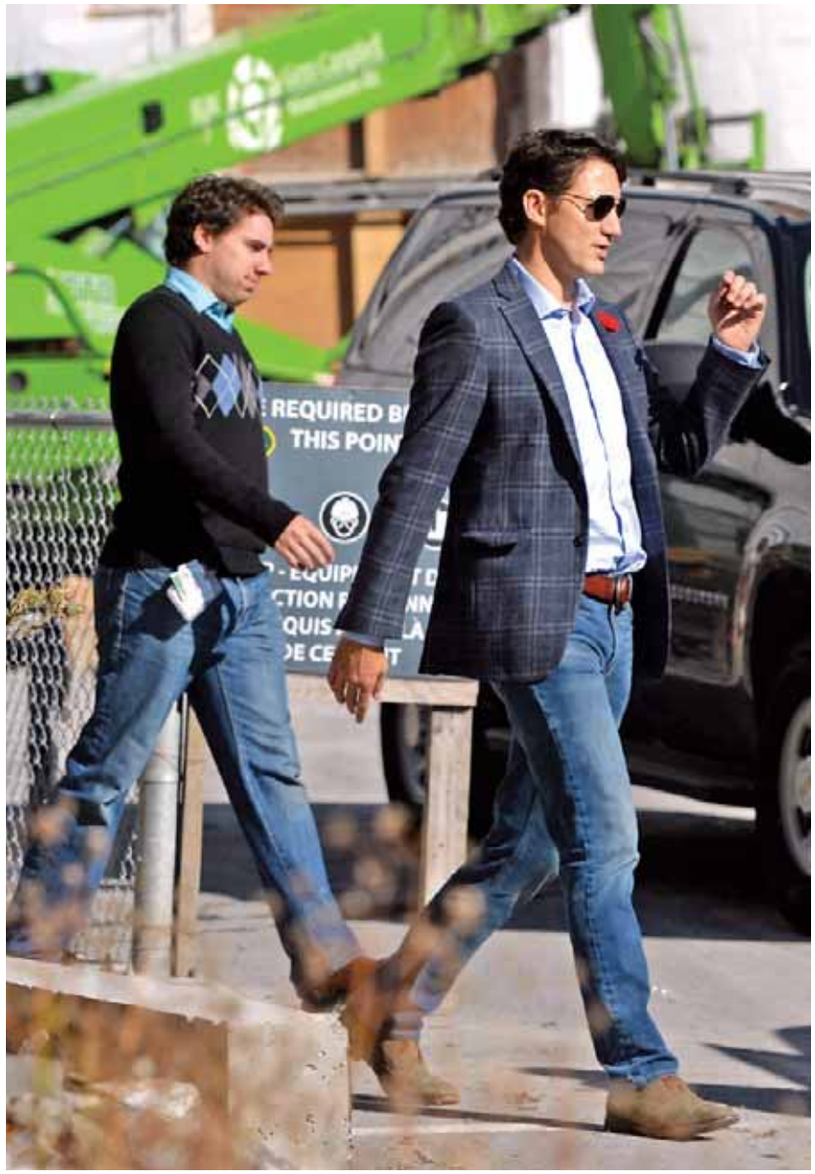
It underlines Trudeau's emphasis during the campaign on the strong team he wanted to bring with him to Ottawa. In another break from the past, members of the public are invited to Rideau Hall to watch the 10:30 a.m. ceremony on two outdoor TV screens.

Visitors are asked to arrive by 9:30 a.m. at the latest. Rideau Hall suggests they "dress appropriately and wear comfortable shoes, as they may need to stand on the grass or on uneven ground."

Also, leave your signs and large bags at home; they won't be allowed for security reasons.

Prior to the swearing-in ceremony, Stephen Harper will meet privately with the governor general at Rideau Hall to formally resign as prime minister.

If you can't make it to Rideau Hall for the ceremony, TV networks are carrying it and it's being live-streamed at swearing-in.gg.ca. For the Twitter crowd, Rideau Hall has identified two hashtags for the event: #PM23 and #SwearingIn.



Prime minister-designate Justin Trudeau makes his way to his car after taking a tour of the West Block construction site on Parliament Hill on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

A full itinerary of today's events

9 a.m.
Members of the public arrive on the Rideau Hall grounds via the Thomas and Mackay pedestrian gates.

9:40 a.m.
The Great Seal of Canada is placed in the ballroom.

9:45-10 a.m.
Trudeau and the ministers-to-be arrive on foot via the main driveway.

10 a.m.
Trudeau and his wife Sophie Grégoire-Trudeau meet with Gov. Gen. David Johnston and his wife Sharon Johnston.

10:29 a.m.
The secretary to the governor general announces the arrival of the ministers-designate, the prime minister-designate, Mrs. Grégoire-Trudeau and their excellencies in the ballroom.

10:30 a.m.
The swearing-in ceremony begins.

10:33 a.m.
The swearing-in of the prime minister-designate begins, with the official oaths (Oath of Allegiance, Oath of the Members of the Privy Council and the Oath of Office) administered to the prime minister-designate by Janice Charette, clerk of the privy council and secretary to the cabinet. Trudeau signs the oath books, followed by Johnston and Charette.

10:45 a.m.
The newly sworn-in prime minister signs the "instrument of advice" nominating his ministry and presents it to the governor general. The governor general signs the instrument of advice to accept the recommendations by the prime minister.

10:48 a.m.
The swearing-in of the ministers-designate begins.

11:29 a.m.
The minister of industry, who also has responsibilities as the registrar general of Canada, is entrusted with the Great Seal of Canada by the governor general.

11:30 a.m.
The swearing-in ceremony ends with the national anthem.

11:45 a.m.
An official photo of the governor general with the new prime minister and cabinet is taken in the ballroom.

12:20 p.m.
The prime minister, with his cabinet, will deliver a statement in front of the Rideau Hall façade.

Quebec schools close following bomb threat

PUBLIC SAFETY

Career centre, daycares were also locked down in region

Haley Ritchie
Metro | Ottawa

Quebec schools and daycares in the national capital region were once again the target of bomb threats Tuesday morning.

Several schools in the Western Quebec School Board were closed Tuesday morning during the investigations including Symmes Jr., D'Arcy McGee, Philemon Wright, Hadley, Chelsea, Great Gatineau, Eardley, Buckingham, South Hull, Wakefield, Lord Aylmer and Pierre Elliot Trudeau Elementary.

The board also closed its Western Quebec Career Centre and Hull Adult Education Centre. The total number of schools affected across the province totalled 61, according to Quebec public safety minister Pierre Moreau.

The board tweeted the schools were being closed for "safety reasons" around 7 a.m. while the MRC des Collines Police said they were searching four schools, including Chelsea, for a bomb.

Around 9 a.m. the police gave the all clear, tweeting that an exhaustive search resulted in no suspicious objects.

The threats were authored by a so-called coalition Moreau identified as "Red Sceptre," a group unknown to authorities.

Police intelligence caught wind of the threat early Tuesday, with the email being sent to institutions and school boards directly. Moreau said it complained of the quality of education and the attitude of teachers and their union.

Canadore College in North Bay was also threatened but later given the all clear by police.

Schools in Gatineau have already had disruptions this week from labour issues with teachers, including a rotating strike in Western Quebec schools.

Moreau said an email with the same content was sent to each institution, suggesting bombs being set at specific times and implying the complicity of those working in some of the institutions.

> **"It's a disgusting act, a cowardly act.**
> Quebec Premier Philippe Couillard

Moreau said the Quebec threats are under investigation by provincial police.

Moreau said the actions could be considered a terrorist attack, given the impact on a large portion of the population.

Quebec Premier Philippe Couillard told reporters at the provincial legislature his immediate thoughts went to many worried parents across the province.

"It's a disgusting act, a cowardly act," Couillard said. "I know that the police inquiry will follow its course and if the inquiry identifies the responsible people, they will be prosecuted to the most severe extent that they can."

The incident is the third time in the last two weeks that schools in the Ottawa-Gatineau area have been closed over bomb threats.

WITH FILES FROM THE CANADIAN PRESS

Interim Public security minister Pierre Moreau comments about the Quebec schools that received bomb threats during a statement at the provincial legislature on Tuesday in Quebec City. CLEMENT ALLARD/THE CANADIAN PRESS

HEALTH

STI rates rising: Report

Lucy Scholey
Metro | Ottawa

Demand for sexual health services is high in Ottawa, as the rate of sexually transmitted infections continues to increase, according to a city report.

A new sexual health report — to be tabled at the city's board of health on Monday — says 1,400 people were turned away from sexual health clinics last year compared to just 50 in 2011.

Ottawa Public Health staff is recommending a new sexual health strategy that targets "priority" groups who carry a disproportionately high rate of sexually transmitted and bloodborne infections (STBBIs) including gonorrhea, chlamydia, HIV, hepatitis B and C, herpes simplex virus and syphilis.

One of those target groups is young people. Although 21.6 per cent of the population is youth aged 15 to 29 years old, a whopping 78.7 per cent of Chlamydia cases and 54.9 per cent of gonorrhea cases stem from that group, according to the report.

As for HIV rates, gay men or men who have sex with other men represent 63.8 per cent of all cases. Immigrants from countries where HIV is endemic also make up a disproportionate number of HIV cases (19 per cent) with injection drug users trailing at 17.2 per cent.

This latter group also represents the majority of all hepatitis C cases, at 50.3 per cent.

Income levels may also factor into STBBI rates and treatment, according to the report.

Ottawa Public Health staff said they would work with community partners to pinpoint sexual health and harm reduction needs.

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BENEFITS COVERAGE

City report flags increase in ER visits for dental decay

More people are heading to Ottawa emergency rooms with toothaches, according to a new city report.

Last year, there were 1,740 visits to the ER for "ambulatory care sensitive dental conditions" such as dental cavities, eroded teeth and gingivitis — problems that could have been mended at a clinic. That's 600 more hospital visits compared to 10 years ago.

The average cost per visit, according to a dental care update that will go before the city's board of health on Monday, is $513. But the patient only leaves with painkillers, and not proper treatment for their teeth.

With the province, Ottawa Public Health is set to launch a new dental program next year that targets youth, low-income earners and Aboriginal people. That includes hiring five new full-time-equivalent staffers at the Wabano Centre's dental clinic on Montreal Road, which is provincially funded.

According to the city report, about 30 per cent of Aboriginal children under six have problems with their teeth and adults are twice as likely to have untreated cavities as non-Aboriginal adults.

Further, only 42 per cent of people living below the low-income cutoff have dental insurance.

As part of the plan, Ottawa Public Health is planning to keep up the dental health promotion and outreach, including more access to dental care for low-income earners. LUCY SCHOLEY/METRO

Our roads are worst in Canada

INFRASTRUCTURE

Countrywide survey shows city suffering

Emma Jackson
Metro | Ottawa

Ottawa's roads have skidded out of control.

That's according to the Ontario Municipal Benchmarking Initiative, which found the capital is worst among 15 Canadian municipalities for the quality of its roads.

Only 19 per cent of Ottawa's roads are in good or very good condition.

That's a three-per cent improvement from 2013, but it's still 12 points off second-worst Thunder Bay, Ont., and miles behind Calgary, where 81 per cent of its roads are good or very good.

Dale Harley, who speaks for the National Capital Heavy Construction Association, said a chronic lack of local investment means the city's catch-up requires drastic measures.

"There's too much competition for that tax dollar and now we see the consequences," Harley said.

Mayor Jim Watson plans to cap tax increases at two per cent in 2016, something he's maintained since 2014.

While two per cent is better than zero, Harley said the cap is hampering the city's ability to invest.

He applauded the city's "realistic" six per cent rate hikes to fund water and sewer infrastructure, and urged the same treatment for roads. Transportation committee chairman Coun. Keith Egli said council recognizes the road renewal gap; that's why $30 million was earmarked for it in 2015. But he defended the tax cap, noting cost savings will make taxes go further.

> **There's too much competition for that tax dollar.**
> Dale Harley

"We're going to hold staff's feet to the fire and ensure they achieve the predictions they're giving us," Egli said.

Even if council doesn't pave its roads in gold, there's still room for optimism.

Prime minister-designate Justin Trudeau is promoting deficits to invest in infrastructure, and Harley predicts more collaboration between the three levels of government.

"That translates into good news," Harley said.

Frank Bender will have a street named after him.
BRIER DODGE/METROLAND MEDIA

ROAD WORKS

Innes ward getting new street names

Residents of four Innes ward streets will have new addresses as of Nov. 16, as streets with confusing or misleading names are being renamed.

Beechmont Court will be changed to Catalpa Court, Belcourt Boulevard from Jeanne d'Arc Boulevard South to the dead end will be renamed Frank Bender Boulevard, Notre-Dame Street West will be renamed Chants-d'Oiseaux Way and Wedgewood Court will be changed to Voltage Court.

The original street names provided issues for services such as emergency vehicles, said Innes ward Coun. Jody Mitic.

For example, Belcourt Boulevard is divided into two halves, with dead ends on each side. While a pedestrian could physically step over the curb and walk across the street to get from one section of Belcourt to the other, a car would have to turn around and detour a different way to access the other half.

"Police are booked from all parts of town, so some of them would not realize the street ends. The same with ambulances," said Mitic of Belcourt. "And if we can eliminate 30 seconds in an emergency call, we want to do that."

He said city staff felt strongly that the south side of the road needed to be renamed to prevent incidents such as that from happening in the future.

While it is inconvenient for people who have Belcourt Boulevard addresses that will change as of Nov. 16, it's something that has been done in other parts of the city, especially with similar sounding street names post-amalgamation.

BRIER DODGE/METROLAND MEDIA

> **If we can eliminate 30 seconds in an emergency call, we want to do that.**
> Coun. Jody Mitic

Ontario's Minister of Children and Youth Services Tracy MacCharles said she was "not entirely sure" about the decrease in the number of kids with autism receiving Intensive Behavioural Intervention and Applied Behaviour Analysis. JIM RANKIN/TORSTAR NEWS SERVICE

Autism treatment wait lists growing

HEALTH

Private therapy costs beyond means for many families

Thousands more Ontario children with autism are on waiting lists for treatment than 10 years ago, and government figures suggest the number of kids receiving treatment may actually be dropping.

The NDP submitted a Freedom of Information request for the numbers of children with autism spectrum disorders on wait lists for Intensive Behavioural Intervention and Applied Behaviour Analysis and found dramatically increasing numbers.

In 2005-06, there were 753 kids waiting for IBI and now there are 2,192. In 2011-12, when ABA funding began, there were 2,784 kids on the wait list and now there are 13,966, though some children may be on both lists.

Kara Onofrio's seven-year-old son has been waiting for government-funded treatment for three years, and she has been told he will likely be on the wait list for another two. In the meantime, Onofrio has been paying $40,000 a year out of pocket to have her son in therapy part-time, she said.

> **"I can't fathom where (my son) would be if he didn't have that intervention early. It scares me.**
> Kara Onofrio

"You feel like your child's not going to live a full life until you start to see the results from therapy," Onofrio said. "For my husband and I, $40,000 a year is worth it, but not a lot of families can do that and it's not fair that they have to suffer.''

Onofrio, who also established Autism's Angels — an organization that raises money for autism charities — said the therapy Justin has received has been "life-changing."

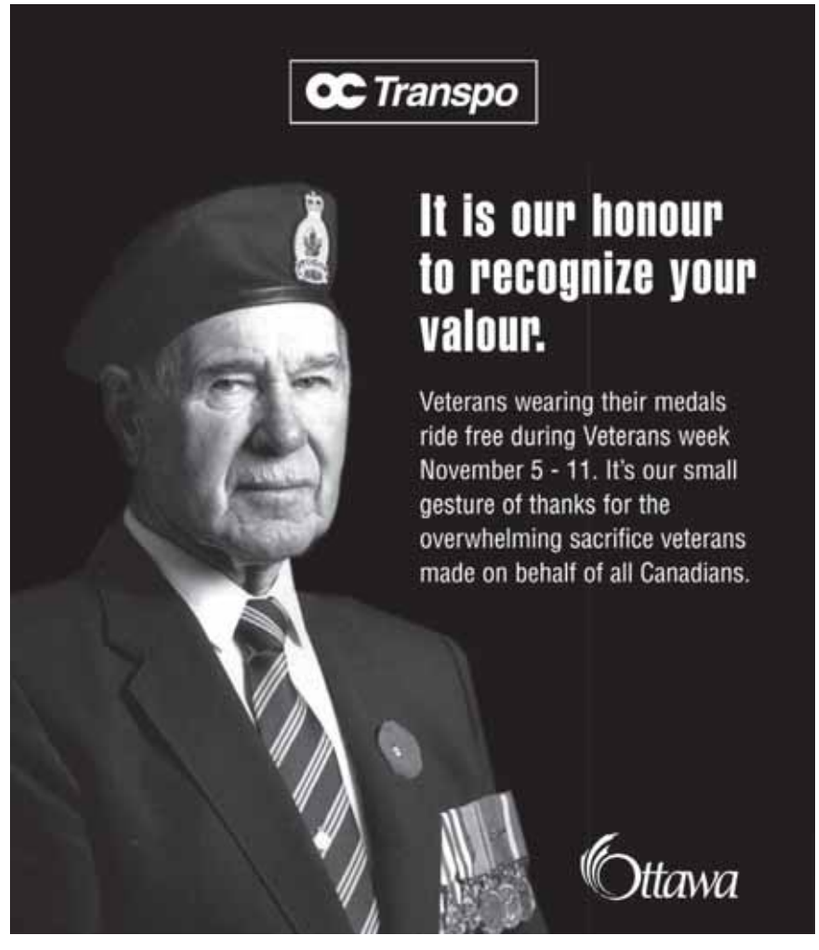
Estimates from the Ministry of Children and Youth Services show that the wait lists are growing exponentially faster than the number of children receiving government-funded treatment.

Minister Tracy MacCharles said after question period she was "not entirely sure" about the decrease.

The government is constantly working to improve the services it provides and is investing more than $190 million in autism services this year, an increase of more than $100 million since 2004, MacCharles said.

But she couldn't point to what specifically the government would do to tackle the wait lists, saying it would be part of an autism strategy based on expert advice.

THE CANADIAN PRESS



Industries get 'free ride' on water use

ENVIRONMENT

Watchdog wants to raise management costs

Ontario's environment watchdog wants to end the "free ride" for farmers, municipalities and industries that are given large water-taking permits.

Acting environmental commissioner Ellen Schwartzel said the Liberal government has made no progress on recovering its management costs for water, despite years of reports, recommendations and political promises.

"We're really eager to see this move forward," Schwartzel said as she released her annual report. "Other provinces are likely ahead of us on this, so we really need to move on it."

The province recovers only 1.2 per cent of the $16.2 million it spends each year on water quantity management programs.

"Not only do most industries get a total free ride, the few that do pay are charged only $3.71 for every million litres of water they take," said Schwartzel. That works out to less than $10 for enough water to fill an Olympic-sized pool.

The Ministry of the Environment needs to be more open when it issues water-taking permits because only one-quarter of them get posted on its website for public comment, added Schwartzel.

"Permits for municipal or agricultural uses, or ones that last for less than a year, are never shared with the public, and many of these are for high-risk uses," she said.

Environment Minister Glen Murray said he was preparing a plan to recover more of the water management costs, but warned the issue is not black-and-white.

Large industrial users of water are often heavy polluters, and will face additional costs when the government introduces a cap-and-trade system next spring.

"You don't want to go forward precipitously and hit a company with the polluter-pay principle on carbon dioxide and carbon pollution at the same time you're dealing with fees for water," said Murray.

The Association of Municipalities of Ontario warned any new provincial charge to towns and cities for water would be passed on to local taxpayers.

"Whatever happens gets put back on the property tax bill or back into the user fee charge for water," said AMO executive director Pat Vanini. "Municipal governments aren't in this for profit. They can't make money on user fees."

The environmental commissioner's annual report also takes the Liberals to task for slashing the budget to buy environmentally sensitive lands from $5.1 million to just $1,000. THE CANADIAN PRESS

Acting Ontario Environment Commissioner Ellen Schwartzel wants to end the 'free ride' for farmers, municipalities and industries that are given large water-taking permits.
RICHARD J. BRENNAN/TORSTAR NEWS SERVICE

ANIMAL RIGHTS

Woman faces mischief charge for giving water to pigs on way to slaughter

An Ontario woman is facing a mischief charge after providing water to sweltering pigs in a truck on their way to the slaughterhouse.

Animal rights activist Anita Krajnc says the truck was stopped at a traffic light on a hot June day in Burlington, Ont., en route to the slaughterhouse.

She stood on a median and provided water to the animals though slats in the truck's trailer via plastic water bottles with nozzles.

Krajnc says the truck's driver confronted her and the two had an argument that was captured on video.

The video also shows her reaching into the back of the truck to offer the pigs a drink.

Krajnc says she was served a summons in September and formally charged with mischief under $5,000 in October.

She says the charges are outrageous, adding she did nothing wrong by coming to the assistance of animals.
THE CANADIAN PRESS

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‘We have to do this right’

INFRASTRUCTURE

Top architects should oversee 24 Sussex renos: group

Michael Woods
Metro | Ottawa

The head of the body that governs Ontario’s architects is warning the National Capital Commission not to cheap out on repairs to the prime minister’s residence at 24 Sussex Drive.

Toon Dreessen, president of the Ontario Association of Architects, also said any strategy for the 19th-century heritage home requires a top-notch expert voice.

“There’s no sense in doing this in half measures. We have to do this right,” said Dreessen, an Ottawa-based architect. “The only way to do that is to have a strategic plan, and that means talking to an architect who’s going to set out a strategy.”

That also means “selecting the most qualified architectural team, not the cheapest,” he said.

The Canadian prime minister’s official residence, 24 Sussex Drive, sits on the banks of the Ottawa River. SEAN KILPATRICK/THE CANADIAN PRESS

The home, built in 1868 and converted to the prime minister’s official residence in 1950, has long been in dire need of repairs. A 2008 auditor general’s report pegged the cost of urgently needed repairs at$10 million.

> **There’s no sense in doing this in half measures.**
> Toon Dreessen, president, Ontario Association of Architects

Prime minister-designate Justin Trudeau and his family are living at Rideau Cottage, a home on the nearby grounds of Rideau Hall, until decisions are made about 24 Sussex’s fate.

Some have called for the home to be torn down and replaced with a modern residence. The Sierra Club of Canada has called for a full, net-zero energy retrofit.

Whatever happens, Dreessen said, it shouldn’t be done on the cheap. The project is a chance for the NCC to restore and preserve a heritage structure while including new, modern elements, he said.

“Giving the authority to an architect to manage this project is going to be an excellent way to set the stage for success,” he said. “Simply consulting with builders and contractors is part of the solution, but it’s not the only solution.”

He also said the project should highlight the Liberals’ campaign commitments to fight climate change and invest in infrastructure.

“Here we have a prime key example of the way to do that,” he said.

“I think that 24 Sussex in its current state is in a bit of metaphor for how we’ve treated our other built-form infrastructure,” he added. “We build stuff and we kind of walk away from it and pretend it doesn’t need maintenance and care. And that’s just not true.”

REMEMBRANCE DAY

Veterans to travel, park free

Haley Ritchie
Metro | Ottawa

The City of Ottawa is honouring veterans this year by providing special transit service and free parking in the week leading up to Remembrance Day on Nov. 11.

Veterans who wear their medals or uniforms will ride free on OC Transpo, Para Transpo and STO from Nov. 5 to 11. Those accompanying veterans will not be charged either.

Bus schedules will operate normally on Nov. 11 but all OC Transpo buses will pull over to the side of the road for two minutes of silence at 11 a.m.

On Nov. 11 cars with a veteran’s licence plate will be allowed to park for free in the City Hall parking garage. Veterans can also park for free on some streets around the National War Memorial, between Somerset Street to the south and the Ottawa River to the north and Bank Street to the west and the Rideau Canal to the east.

Ottawa Community Housing is trying to figure out what to do with the 'O'Connor House.' OCH is applying to the heritage committee to get permission to demolish the structure to make way for a new development. ALEX ROBINSON/METROLAND MEDIA

Residents blast plan for property

O'CONNOR HOUSE

Upkeep on vacant building is too costly: OCH

An Ottawa Community Housing (OCH) plan to demolish a heritage property on Bruyere Street is raising some eyebrows in Lowertown.

OCH presented a plan to residents at a meeting on Oct. 22. The proposal: to knock down the house at 171 Bruyere St. and build a parkette in its place.

Many residents said they did not need another park in the area as there is one nearby that is underutilized. They asked that if the building has to be demolished that a community garden be built in its place.

It's believed the house was built sometime in the 1850s and was the home of the family of Thomas O'Connor and Mary Curry for more than a century until 1954. The O'Connor family were early Irish residents and were some of the first members of the St. Brigid Parish when it formed in 1889.

The building has heritage protection as it falls within the Lowertown West Heritage Conservation District, but OCH disputes whether the structure itself is the original, as they claim a fire in the early 20th century damaged the house and required it to be rebuilt.

OCH staff have said the vacant building needs to be demolished because it is costly to maintain and patrol. It would take $250,000 to renovate to the point that it would be habitable, according to OCH estimates.

Stéphane Giguere, OCH's CEO, has said the agency has not settled on any specific option yet, as it is still working through the feedback it got from the community at the meeting.

The city's built heritage subcommittee will consider whether to grant approval for OCH to demolish the house at a meeting on Nov. 9.

ALEX ROBINSON/METROLAND MEDIA

IN BRIEF

Man pulled from weekend fire dies of injuries

Ottawa police say a man who was pulled from a burning apartment building this weekend and sent to hospital in critical condition has died of his injuries.

Robert Lawson, 57, died on Monday, according to police. Firefighters rescued him from his apartment building at 832 Albert St. on Sunday morning.

He suffered smoke inhalation and second- and third-degree burns to a large portion of his body.

Since the fire has been deemed accidental, Ottawa police have closed their investigation. JOE LOFARO/METRO

POTTER'S KEY

Public meeting set for proposed subdivision

It's called Potter's Key, but the design of the key has been re-cut.

Potter's Key is Minto Communities Inc.'s proposed subdivision on the north side of Hazeldean Road west of the Jackson Trails and east of the Echowoods area in Stittsville.

Originally presented at a public meeting last June, the proposed plan for a subdivision has now been revised, and so another public meeting is being held to allow for input from the public about the revised plan.

This public meeting will be held on Wednesday at the Goulbourn Recreation Complex on Shea Road in Stittsville, with an open house starting at 6:30 p.m. and a presentation being made at 7 p.m.

One of the changes is that the flood plain boundary around Feedmill Creek, which runs through the site, has been revised to reflect alterations to the 100-year flood plain boundary.

The former plan had one larger park on the north side of Feedmill Creek. The revised plan shows two smaller parks, one located along the north side of the creek and one on the south side.

There will be a multi-use pathway along the south side of Feedmill Creek that will connect the Jackson Trails subdivision to the east with the Echowoods communities to the west.

The revised plan shows road connections through existing adjacent residential areas but no direct connection to Hazeldean Road to the south.

The revised plan also shows townhomes backing onto existing single-family homes on Overland Drive in the Jackson Trails subdivision.

The east-west collector road from Kimpton Drive to Lloydalex Crescent has been straightened.

This Potter's Key subdivision will consist of about 450 residential housing units including both single family homes and townhouse units.

JOHN CURRY/METROLAND MEDIA

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MPs to keep an eye on

Much has been made of Justin Trudeau's hand-picked star recruits, newly minted MPs who may be in line for a cabinet post.

But there are dozens of lesser-known new MPs with impressive and eclectic credentials, some of whom could also wind up in cabinet, leading influential parliamentary committees or serving as parliamentary secretaries. Here's a brief look at some of the fresh faces who may be in for a cabinet post.

1 Maryam Monsef
Liberal — A refugee and community activist; founded the Red Pashmina Campaign.

2 Anita Vandenbeld
Liberal — International expert on democracy and human rights; awarded Canadian Peacekeeping Service medal in 2008.

3 Robert-Falcon Ouellette
Liberal — Spent 19 years in the armed forces. Expert on indigenous education; professional musician.

4 Carla Qualtrough
Liberal — Lawyer and vice-chair of B.C.'s workers' compensation appeal tribunal; won three bronze medals in swimming at the 1988 and 1992 Paralympic Games.

About one-third of the 99 members comprising the new Conservative caucus are federal rookies, though many come from political careers in other levels of government.

The NDP, meanwhile, has 44 caucus members, including 16 new MPs. Here's two more MPs to learn more about:

Bob Saroya
Conservative — Immigrated to Canada from India in 1974; distinction of being one of few Conservative MPs from Toronto-area.

Richard Cannings
NDP — A biologist who served on B.C.'s Environmental Appeal Board.

THE CANADIAN PRESS

Prime minister-designate Justin Trudeau is ready to signal the start of a new era that will be starkly different than the decade of Conservative rule under Stephen Harper. NICHOLAS KAMM/AFP/GETTY IMAGES

Trudeau, cabinet set to get down to business

PARLIAMENT

Liberals likely to take quick action on long-form census

Justin Trudeau and his cabinet will get down to work immediately following Wednesday's swearing-in ceremony.

The newly minted Liberal prime minister and his ministers are scheduled to hold their first meeting in the afternoon. And they're widely expected to take immediate action on at least one Liberal campaign promise, signalling the start of a new era that will be starkly different than the decade of Conservative rule under Stephen Harper.

On that score, they're likely to take action right away to reinstate the long-form census.

The Harper government cancelled the mandatory long-form questionnaire in 2010, replacing it with the voluntary National Household Survey, which critics said produced less reliable data for municipalities, public officials, businesses and researchers.

During the campaign, Trudeau promised to reinstate the mandatory long-form census as part of a broader commitment to return to "evidence-based" decision making by his government.

Trudeau's new ministers will also emerge from their first meeting to face questions from the media — another departure from the Harper era.

Under Harper, reporters were banned from waiting in the hallway outside the cabinet room, where ministers had scrummed for decades; indeed, the media wasn't even notified when cabinet meetings were taking place.

THE CANADIAN PRESS

MESSAGE

Harper thanks public service

On his final day as prime minister, Stephen Harper extended an olive branch of sorts to the public servants with whom his government has had a tense relationship for much of the last decade.

Their reaction, in a nutshell: Don't let the door hit you on the way out.

In a message sent to the entire federal bureaucracy, Harper thanked government workers for the support they've shown his team over three successive Parliaments and for their dedication to the well-being of Canadians.

In the letter, Harper expressed pride in the work he and his team have done with the public service to improve the prosperity, security and well-being of Canadians.

In response, one of the biggest unions representing workers lamented the tension-filled relationship between the civil service and Harper's Conservatives.

"The work that public service workers do on behalf of Canadians day in and day out is invaluable," Public Service Alliance of Canada national president Robyn Benson said in a statement.

"We look forward to building a positive and constructive relationship with the new Liberal government where trust and respect for public service workers is restored." THE CANADIAN PRESS

Stephen Harper
THE CANADIAN PRESS FILE

GENDER PARITY

Former minister offers advice to new prospects

Jessica Smith Cross
Metro | Toronto

Frances Lankin recalls what it felt like at Convocation Hall on Oct. 1, 1990, to look around at the faces of the politicians who, with her, were about to be sworn in as cabinet ministers in Ontario.

"It was very exciting, lots of hugs, laughter and celebration," she said. "Of course, this was the first that anybody saw who was actually in cabinet."

Eleven of the politicians who greeted each other in that back room before the swearing-in ceremony were women.

That cabinet, Ontario NDP Premier Bob Rae's first, was 42 per cent women, nearly parity. It remains a record in Ontario.

Lankin expects the federal cabinet ministers who will be sworn in Wednesday will feel the same euphoria she did.

It will be the first federal cabinet with an equal number of male and female cabinet ministers. Lankin applauds that promise, and offers this advice for new ministers:

- Take media training and learn how to respond to media questions with candor while being careful not to fall into media's "traps." If you do trip, don't worry too much, you'll recover.
- Work with your cabinet, caucus, the opposition and stakeholders. Listen to them. "Remember this is a team effort, you're not an individual star," she said.
- "Enjoy yourself. It's an amazing privilege."

Former cabinet minister Frances Lankin believes that diversity of gender, ethnicity and life experience bring a broader perspective to cabinet discussions. TORSTAR NEWS SERVICE

INDIA

Uber rapist gets life

An Indian court sentenced an Uber driver to life in prison Tuesday for raping a passenger in his vehicle last December, in a case that has triggered widespread protests against sexual violence and demands to ensure women's safety.

Judge Kaveri Baweja had earlier found the driver, Shiv Kumar Yadav, guilty of rape, criminal intimidation, kidnapping and endangering the woman's life.

She sentenced Yadav to "rigorous imprisonment for life," the Press Trust of India news agency reported.

The victim, who works for a private company, had hired the cab for a ride home in the Indian capital. She filed a lawsuit against Uber in a U.S. court seeking unspecified damages and accusing the company of failing to properly investigate Yadav's background. The lawsuit was later settled out of court. THE ASSOCIATED PRESS

IN BRIEF

EU will be cracking down on false fish labelling

The European Union is looking into reports that cheap seafood is mislabelled as choice fish in some of the Belgian capital's fine restaurants and even in EU cafeterias.

The Oceana environmental group found that 31.8 per cent of seafood it tested in and around EU institutions in Brussels was different than what was labelled on the menu. "We take this very seriously," EU spokesman Alexander Winterstein said of the report.

Winterstein said EU institutions are dependent on the labeling controls of Belgium, where EU headquarters is based.

THE ASSOCIATED PRESS

Selfies verboten with sea lions, penguins at zoo

The Schoenbrunn Zoo in Vienna has bad news for visitors who want to get up-close photos of some animals: No selfie sticks. The animals on the selfie-free list are the Humboldt penguins and South American sea lions. The zoo will mount signs prohibiting the devices because the penguins and seals could feel disturbed. Selfies will be allowed for other animals with larger enclosures. THE ASSOCIATED PRESS

Heat detected around jet just before it went down

METROJET AIRBUS

Cause behind 'catastrophic' event mystifies

U.S. satellite imagery detected heat around a Russian passenger jet just before it went down in Egypt's Sinai Peninsula, two U.S. officials said Tuesday. But the discovery doesn't resolve the mystery of why the plane crashed, killing all 224 aboard.

A missile striking the Metrojet Airbus A321-200 was ruled out because neither a launch nor an engine burn had been detected, one of the officials said.

The infrared activity that was detected could mean many things, including a bomb blast or that an engine on the plane exploded due to a malfunction.

Aviation analyst Paul Beaver said the heat picked up by the satellite "indicates that there was a catastrophic explosion or disintegration of the airplane," but doesn't reveal the cause.

He said it could be a bomb, or a fuel tank or engine exploding, although "engines are designed so that if something malfunctions or breaks off, it is contained within the engine," Beaver added.

Both U.S. officials spoke on condition of anonymity because they weren't authorized to discuss the information publicly.

Some aviation experts had earlier suggested a bomb was the most likely cause of Saturday's crash, while some others pointed at a 2001 incident in which the jet damaged its tail during landing.

The Metrojet was flying from Egypt's Red Sea resort of Sharm el-Sheikh to St. Petersburg when it crashed in the Sinai Peninsula after breaking up at high altitude, Russian aviation officials said.

An international team of experts prepared to analyze the plane's flight data and cockpit voice recorders, the so-called "black boxes."

The joint investigation committee, which includes Egyptian, Russian, French and German experts as well as representatives from Ireland, where the plane was registered, was wrapping up its last field inspection at the crash site. It will start working on the recorders, said Egyptian Civil Aviation Minister Hossam Kamal. THE ASSOCIATED PRESS

Russians mourn victims in St. Petersburg. DMITRY LOVETSKY/THE ASSOCIATED PRESS

CROSSING TOO RISKY Migrants disembark from a dinghy after they cancelled their journey because of bad weather.

They were planning to travel to Greek island of Chios from the Turkish coast near Cesme, Izmir, Turkey, Tuesday.

More than 300,000 people have travelled on dinghies and boats from nearby Turkey to Greek islands this year, with dozens dying along the way.

EMRE TAZEGUL/THE ASSOCIATED PRESS

COMPENSATION

France paying out Holocaust survivors and their families

Holocaust survivors and family members in the U.S., Israel and elsewhere can now apply for compensation from a $60 million fund for those deported to Nazi camps by France's state rail company SNCF.

The application period for the French-funded, U.S.-administered program opened Tuesday. The money will be available for survivors of deportations, or spouses or family members of deportees who have since died.

> **We consider this a very important day,**
> Stuart Eizenstat

"We consider this a very important day. People have waited 70 years," Stuart Eizenstat, U.S. special adviser on Holocaust issues, told reporters.

The compensation will be calculated and distributed after the application deadline May 31, 2016, once organizers know how many are eligible. Eizenstat said officials are considering making payments to survivors before the deadline, because of their advanced age.

Survivors can expect to receive about $100,000 each, while spouses could receive tens of thousands of dollars, Eizenstat said.

THE ASSOCIATED PRESS

ITALY

Allegations heating up Vatican scandal

Two new books are deepening a Vatican scandal with tales of mismanagement and greed, such as sainthood causes that can cost up to a half-million dollars and a monsignor allegedly breaking down the wall of his next-door neighbour — a sick, elderly priest — to expand his already palatial apartment.

The leaks in the new books are seen as part of a bitter internal struggle between the reformers and the old guard. This week, the Vatican arrested two former members of the commission in an investigation into stolen documents.

Merchants in the Temple. by journalist Gianluigi Nuzzi, alleges that Vatican officials who promote sainthood causes bring in hundreds of thousands of euros in donations for their causes.

The new book Avarice, by journalist Emiliano Fittipaldi, details financial wrongdoing at the Vatican, citing reports by independent auditors.

THE ASSOCIATED PRESS

Group holds rally to mark attack

DOCTORS WITHOUT BORDERS

Organization calling for an independent investigation

One month after a U.S. military strike on its trauma centre in Kunduz, Afghanistan, Doctors Without Borders on Tuesday called for an independent investigation into the attack that killed 30 people.

The organization held a rally and moment of silence in Union Square for the victims, and supporters carried signs saying, "Even war has rules."

Jason Cone, executive director of the organization's U.S. arm, said the events in the northern Afghan city went beyond the dangers humanitarian workers know they face in conflict zones.

"We knowingly take the risks associated with working in war zones," he said. "But what happened in Kunduz, the precise targeting, the prolonged destruction of a fully functioning hospital full of patients and health workers, transcended even the bounds of war."

Accounts over what led to the Oct. 3 strike have varied; in one, U.S. troops requested the airstrike after coming under fire. The Associated Press has also reported that intelligence was being collected on the internationally run medical facility site by American analysts that included indications that Taliban activity was being co-ordinated from there.

Doctors Without Borders officials deny that there was any Taliban control of the hospital complex or any gunmen.

The U.S. is conducting an investigation into how and why the strike happened.

Doctors Without Borders said that investigation isn't enough. It wants one from an independent humanitarian commission, which can happen only with the consent of the U.S. and Afghan governments.

Dr. Deane Marchbein, president of the board of directors for the U.S. arm of the group, said the concern wasn't whether someone obeyed the chain of command but rather how governments view laws dealing with humanitarian issues.

"Honestly, without clarification, it's hard to feel safe as a humanitarian worker," she said. THE ASSOCIATED PRESS

Supporters of Doctors Without Borders hold before and after images during a rally to mark the one-month anniversary of a U.S. military strike on its trauma center in Afghanistan on Tuesday. BEBETO MATTHEWS/THE ASSOCIATED PRESS

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INDIA

Groups demand release of Indian folk singer

An international rights group on Tuesday demanded the release of an Indian folk singer arrested on charges including sedition for writing songs criticizing a state official for not banning liquor sales.

Police arrested S. Kovan on Friday for accusing M. Jayalalitha, the chief minister of southern Tamil Nadu state, and her government of profiting from state-run liquor shops at the expense of the poor. A large number of poor people die in India every year after drinking cheap tainted liquor.

If convicted on the sedition charge, Kovan could face up to life in prison. Police also charged the singer with promoting enmity between various social groups, criminal intimidation and insulting the state government.

Meenakshi Ganguly, South Asia director at New York-based Human Rights Watch, said in a statement Tuesday that police arrested Kovan in "a misguided attempt" to shield Jayalalitha from criticism, and demanded his immediate release.

"A law that is repeatedly used to arrest singers, cartoonists and writers has no place in a democracy — and should be repealed," Ganguly said. THE ASSOCIATED PRESS

Groups participate in a protest in Chennai, India, Tuesday. ARUN SANKAR K./THE ASSOCIATED PRESS

SWEDEN

Police evacuate Roma camp

Swedish police on Tuesday evacuated a Roma camp in the southern city of Malmo after a months-long standoff between city authorities and about 200 people who had settled there without permission.

Dozens of people remained in the squalid camp despite a weekend deadline to move out after local authorities declared it an environmental and public health hazard. Police moved in before dawn Tuesday to remove protesters who were blocking city authorities from tearing down the camp, a cluster of ramshackle homes built on a trash-strewn, abandoned industrial lot.

One demonstrator was arrested for biting a police officer on the hand and five other people were detained for disturbance of the peace offences, police spokesman Lars Forstell said.

"There were some strong expressions of emotion," Forstell said. "Some people had been living there for a long time." THE ASSOCIATED PRESS

Tool replies to emails

SOFTWARE

Google's Smart Reply offers choice of short answers

Thanks. Got it. Will do.

These are the kind of rote email responses Google wants to save users from typing with a new tool that generates automatic replies.

The Internet search giant will introduce Smart Reply on Thursday to its Inbox by Gmail app for Android and iPhones. The software scans emails to capture the gist of what is being said and suggests three short phrases in response.

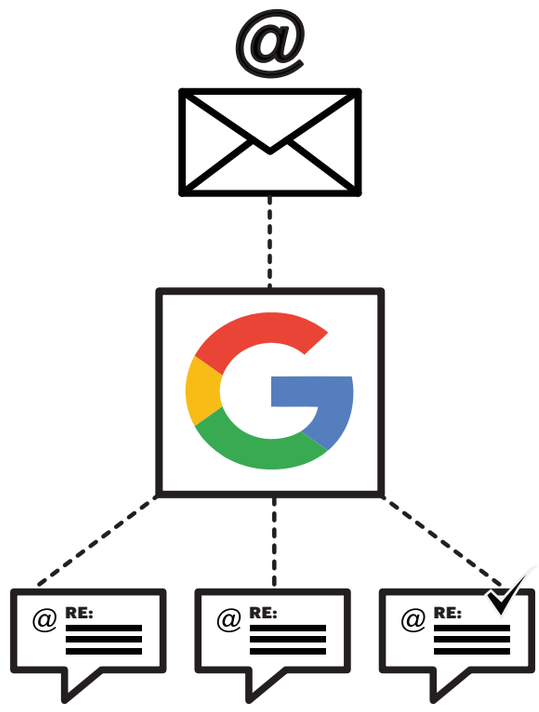
Users select the best option at the bottom of a smartphone screen. Then they can either click send or tack on a more personalized message.

Smart Reply learns to predict likely answers based on past responses.

However, experts are not convinced the tool will do much to address the time management and productivity problems associated with email culture.

Many employees suffer from stress related to the number of emails they receive, expectations for replies and pressure to be connected 24/7, said Stephen Liptrap, executive vice-president at human resources and technology consultancy Morneau Shepell.

Liptrap said 20 to 50 per cent of emails could be eliminated if people were more conscious about whether a response adds value and who we include on the reply. TORSTAR NEWS SERVICE



Smart Reply will be released on Thursday. ANDRES PLANA/METRO

SOCIAL MEDIA

Replacement of star icon breaks Twitter users' hearts

Many Twitter users aren't feeling the love for the social network's new hearts.

The red icon has replaced the star that was found below each tweet.

Before the change, clicking the star meant a tweet was a "favourite," and now clicking the heart means you "like" a tweet.

Twitter Inc. says it made the change because the star can confuse new users and the heart is more universally known around the world.

But the move is facing strong opposition from some Twitter users. Joanna Cornish said Tuesday the "star" icon was a unique aspect of Twitter, and she doesn't like the "idea of sameness" with using the heart emoji also featured on Facebook and Instagram.

"Within the realm of Twitter, I think people figured out the star pretty quickly," said Cornish, who has more than 2,000 followers.

"When you first join Twitter, it is pretty disconcerting; but it's not an impenetrable fortress that you can't figure out.

"I don't think the star is that confusing." THE CANADIAN PRESS

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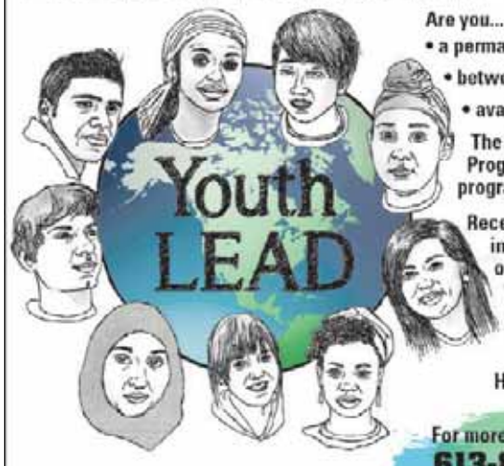

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I have the world's worst boss. On the weekend, I sent him an angry email (I admit I was drinking). I basically told him he was unfair to his staff. He hasn't said anything, so I'm hoping he missed it. What should I do?

miamigo.ca

Dear Ellen,

I have the world's worst boss. Every week we have a departmental meeting but he's always late. It's a very high-pressure job so it's extremely frustrating to waste time waiting for him. Also, he never sticks to the agenda. Instead, he brings up random items and becomes irritated when people are not prepared to discuss them. There are lots more problems, but my big problem is that I sent him an angry email on the weekend (I admit I was drinking). I basically told him he was unfair to his staff. When I came back to work on Monday, he didn't say anything, so I'm hoping he missed it because he gets so many emails. But I'm also worried he's just waiting to sarcastically criticize me at the next weekly meeting, which is how he fired the last person here.

What should I do?

Anita, Toronto

Dear Anita,

I can't pretend I've never sent a drunk-and-disorderly email. My solution on one occasion — in the sudden, horrifying realization of what I'd done — was to quickly send 50 more emails with blank messages, and then send a final email claiming I'd been hacked. I was hoping the target of my attack would see so many emails in his inbox that he wouldn't bother to read any of them. I can't remember if it worked or not. Sometimes failing memory is a good thing. In any case, it's too late for you to try this tactic.

Do not drink and then attempt to operate any electronic devices.

As for your angry email, I'd love to tell you to quit so you don't have to work for this sociopath anymore, but I'm sure you've already considered that option. And the fact is, no matter where you work, there will always be at least one person in the office who seems determined to make your life a living hell.

I've experienced many versions of the type. One uncouth, gluttonous co-worker used to scarf down weird-flavoured potato chips all day. Judging by his breath, I'm guessing his favourite was extra-garlicky cabbage roll. Then he'd lean into my cubicle and smear his greasy fingers all over my computer screen to make unhelpful editing suggestions. Another co-worker spent all day interrupting my concentration to talk about her hair, and her boyfriend, and her diet, and her hair, and a dream she had about her boyfriend, and also a diet-hunger dream she had about her hair. Looking back, I think getting fired from that job would have been an act of mercy.

But at least those co-workers' sins were out in the open. More dangerous were the colleagues who appeared to be pleasant and professional, but were really back-stabbing, idea-stealing, confidence-undermining, power-sucking corporate sluts. Unfortunately, this latter category is the group from which many managers and supervisors are drawn — including your boss. He's clearly a prime example: a petty bully who's not secure or smart enough to know that treating people well is actually the best way to get them to work hard and be more productive.

So what should you do? If the email was a profanity-laced rant that no polite person would inflict on another human being, I'd suggest going to your boss in person and apologizing. But if he's as bad as you say, and if your email simply, and accurately, called him "unfair to his staff," there's no point. He'd likely meet any apology with ridicule rather than gracious acceptance.

My advice is to pretend it never happened. If he's going to fire you, there's nothing to be done except wait for it with all the dignity you can muster.

In future, my added advice is to state the obvious: Do not drink and then try to operate any electronic devices. If you must stab out an abusive message, send the drunk version to yourself, and review it in the morning.

You'd be surprised how satisfying and often hilarious it can be, not to mention the salubrious sense of relief with which you'll start the day.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Sure, rehire the FHRITP guy. Maybe a dose of humility reformed him.

You know how you can lead a horse to water, but you can't make it drink?

Well, there's this sister saying: If you lead a horse to water, sometimes, it takes a drink.

And that's why we should be just fine with the F--k Her Right In The P---y guy getting his job back at Hydro One.

Remember him? He didn't yell FHRITP at a female journalist during a live broadcast, but he defended the guy who did, calling it "f--king hilarious." Shawn Simoes was fired, but has since been rehired via an arbitration process. His union claims Simoes made "extensive efforts" to make amends, including sensitivity training, a donation to an anti-violence-against-women group and an apology to the reporter, Shauna Hunt.

Who knows how much he donated, or whether he's been sufficiently sensitized, or even if he meant that apology, offered days after his conduct went viral.

But I do know this: I want a society where it's possible for jerks to be rehabilitated. Where misogyny isn't just ostracized, but effectively neutered. Where we expect people to learn and change, even idiots.

So, Shawn over here, Mr. Arrogant, Sexist, Belligerent— there's a good chance international condemnation, the potential loss of his livelihood, the sincere expression of anger from Hunt, and especially the post-incident sobriety all might have collided in his head and caused him to rethink his stance on rapey expletives.

Maybe it hit the next day. Or maybe the revelation arose gradually, like body odour, and he was like, "What is that odd feeling?" Then: "Oh God, it's remorse!"

Then maybe he went to his mum (as so many of you insisted he do) and was like, "Mum, I understand that since I wouldn't yell 'F--k Her Right In The P---y' at you, I shouldn't yell it at other women."

Then he went to his employer and was like, "Boss, I'm the not the man I was."

I understand that we want idiots to know there are consequences to idiocy. But, like those in favour of lower incarceration rates, I think we have to allow for rehabilitation.

If we banished everyone who's to some degree a misogynist, we'd soon be able to hear our own echo in the streets. Women's rights haven't come this far by assuming everyone who thinks differently is inherently malformed and unworthy (or incapable) of change.

Like a horse brought to water, there's a chance Simoes took some big gulps of humility, and it's a chance I'm willing to take.

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Your essential daily news

Jon Stewart signs four-year exclusive production pact with HBO

Bridging culture, bold taste

NOPI COOKBOOK

Where Asian, Middle Eastern and Western worlds meet

Melita Kuburas
Metro | Canada

If you're attempting one of the more complex recipes in his new cookbook with an unsteady hand, writer Yotam Ottolenghi pleads this: "Never experiment on your guests. Always experiment on your family."

Ottolenghi has just flown into Toronto and shortly after signing a stack of books and rushing through a meal prepared by George Brown College culinary students and staff, he's answering questions about Nopi in front of more than 200 fans gathered at the school's auditorium. Nopi (Appetite by Random House, $45) is a sophisticated collection of dishes co-created by Ramael Scully, the head chef at his London, U.K. restaurant of the same name.

It's hard to believe they didn't use a food stylist.

The colours are bold; grapefruit pinks and cilantro greens popping out of the shadows of fried meats that are made glossy with pastes and glazes like miso butterscotch and the soy-based Asian master stock — "liquid gold" that is the secret behind a couple of the signature dishes in this book, Ottolenghi writes.

The stock in Nopi is derived from Scully's Southeast Asian background, a tradition passed on from his family including his mom, whom he still admittedly calls for help if he gets "stuck" on a recipe.

"It's a very unique technique that most chefs would not know," Ottolenghi tells Metro about the stock (recipe on pg. 304). "It's something that you kind of have all the time in the house and you can reuse and reuse. As long as you boil it up properly you can have it for years."

RAMAEL SCULLY:
"You've got three components: you've got the lamb, that's been lightly marinated in herbs. You've got the red onion pickled and peppered salsa, and you can put that salsa with a piece of fish. Then you've got this peanut sauce that you can also use with fish, or as a crudités dip for a dinner party."

Aside from Nopi, Ottolenghi owns a handful of deli-style restaurants around London. While his four previous books were all New York Times bestsellers, it was 2012's Jerusalem that shook up the culinary world by spawning cooking parties, Instagram hashtags and Facebook accounts where a devoted fanbase shared their creations of the Middle Eastern dishes.

"The Jerusalem thing was inspiring for people in many ways, because I think they thought they were almost doing something political," Ottolenghi says.

"Sami (Tamimi) and I come from the two sides of this warring place and in a sense I think that was one of the motivations. It (also) featured a lot ingredients people hadn't used before: date syrup, pomegranate syrup, tahini paste ... infused water (orange blossom water and rosewater). It was a journey of discovery to cook through this book," he says.

Ottolenghi uses food to bridge flavours, cultures and worldviews in a way that is challenging but ultimately makes sense. This is likely what makes the self-described recipe writer ("I don't work in a kitchen anymore, he says") so popular.

Nopi is where the Asian, Middle Eastern and Western worlds meet. Ginger is a key ingredient throughout — one of Scully's favourite spices, it's used in a "non-Asian" context such as a butternut squash with tomatoes and lime yogurt.

Yogurt is another staple here. "We took yogurt to different levels," Scully says. "I've smoked it, caramelized it."

Whatever the twist, they want Nopi to "open people's minds," Ottolenghi says. "The idea is not to introduce new ingredients for the sake of it but just show how old ingredients and new ingredients can come together and you have a whole new experience with food."

Take your time with a Nopi recipe and choose one you're comfortable with. Lamb Loin with Peanuts, Coconut Milk and Red Onion Salsa is "pretty straightforward," Ramael Scully says. **See page 16 for the recipe.**

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Viral videos are the new cookbook

THE INTERNET

Online tutorials have the benefit of community

It seems you can't scroll through Facebook anymore without coming across another slick, quick video recipe.

A Tip Hero video tutorial demonstrating how to make baked apple roses went viral and has garnered 200 million views on Facebook.

Rayna Marlee Schwartz, a freelance prop and craft stylist in Toronto, saw the apple roses recipe — which involves rolling slices of the fruit with puff pastry and baking them in a muffin tin to resemble a flower — online and decided to give it a try.

"I think the videos are really great because ... it breaks it down step by step and I know I (can) watch it over and over again as I go," said Schwartz, 28, who shared her results on Instagram, Twitter and Facebook.

Katherine Holland, a 31-year-old Toronto-based photographer, was lured by the apple roses video recipe and said she appreciated that she could see the whole process from start to finish in just over a minute.

"Whereas if you're watching ... the Food Network, to make one of those things you're committing to 35 minutes and by the time you're done you're like: 'I have no interest in this anymore. That is the amount of time I could have actually made that,'" she said.

If there's a drawback to getting hooked on the social media recipe trend, it's trying to find the right instructions when you need them, said Nada Bakraky, 29.

"I made these pumpkin cream cheese muffins before from Pinterest, but when I went to find (the recipe) again there were so many variations I couldn't figure out which was the one I'd used the first time," said Bakraky.

"I started writing them down in my own cookbook. But I've stopped buying cookbooks. Everything's online."

Schwartz admits that her tech toys have taken some abuse since discovering online recipes. "My iPad, when I'm baking, it's covered with flour and egg and everything. It's just thrown on the kitchen counter. I'm touching it with my dirty hands," she said.

Holland, who can't eat gluten, dairy or eggs, said she also loves that online recipes commonly have comments attached that help her make her own tweaks.

"You'd never get that from a cookbook," she said.

Even the pros have embraced the online chatter around recipes and are adapting. British-based chef Yotam Ottolenghi, owner of five London restaurants and author of the new Nopi cookbook, started using Twitter about four years ago and now also posts on Instagram, Pinterest and Facebook. "It's been very useful for me, first of all, to engage with people and understand what's going on and also because I like to get a good idea of what people do with the food," he said.

THE CANADIAN PRESS

Rayna Marlee Schwartz, 28, a freelance prop and crafts stylist in Toronto, found a video online demonstrating how to make apple roses. This photo, which she posted on Twitter, shows her version. THE CANADIAN PRESS/HANDOUT

RECIPE

Lamb loin with peanuts, coconut milk and red onion salsa

Serves 4

- 1 lb 7 oz (650 g) trimmed lamb loin
- 5 rosemary sprigs, stems discarded and leaves coarsely chopped
- 6 cloves garlic, skin on, crushed with the flat side of a large knife
- 3 Tbsp olive oil
- 4 or 8 caper berries, halved lengthwise, to serve
- Coarse sea salt and black pepper

Peanut sauce

- 31/2 oz (100 g) roasted salted skinless peanuts
- 5 tsp sesame seeds, toasted
- 1 medium red chile, coarsely chopped
- 3 anchovies in oil, drained and coarsely chopped — 1/3 oz (10 g)
- 2 Tbsp olive oil
- 1 1/2 Tbsp lemon juice
- 1/3 oz (10 g) cilantro, leaves and stalks coarsely chopped
- 3 Tbsp coconut milk

Pickled onion salsa

- 1/2 small red onion, sliced into 1/32-inch (1-mm) rounds — 3 1/2 oz (50 g)
- 1/2 tsp sumac
- 1/4 tsp superfine sugar
- 1 Tbsp cider vinegar
- 2 1/2 oz (70 g) jarred piquillo peppers, sliced into 1/32-inch (1-mm) rounds
- 1/3 oz (10 g) parsley, finely chopped

Chefs Yotam Ottolenghi, left, and Ramael Scully. HANDOUT

1. Place the lamb loin in a non-metallic container with the rosemary, garlic, olive oil, 1 Tbsp of salt, and 1/2 Tbsp of black pepper. Mix well and leave to marinate in the fridge for at least 4 hours or, preferably, overnight. Take the lamb out of the fridge half an hour before you are going to cook it, to bring it to room temperature.

2. Place all the ingredients for the peanut sauce in a food processor. Blitz to form a smooth paste and set aside until ready to use.

3. To make the salsa, place the onion slices in a bowl and add the sumac, sugar, and 1/4 tsp of salt. Rub in the seasonings before pouring over the vinegar. Add the peppers and parsley, mix gently, and set aside.

4. Place a grill pan over high heat. Remove the lamb from the marinade and discard the marinade. Season all sides of the lamb with 1/2 tsp of salt and some black pepper, then sear for 2-3 minutes, turning so that all sides get browned. Reduce the heat to medium and cook for another 6-8 minutes, until pink in the middle, or a minute or two longer if you want it well done. Let the lamb rest for 2 minutes before cutting it crosswise into 1/3-inch (1 cm) slices. Divide the slices among four plates and spoon the peanut sauce and salsa on top or alongside. Garnish with a caper berry or two and serve.

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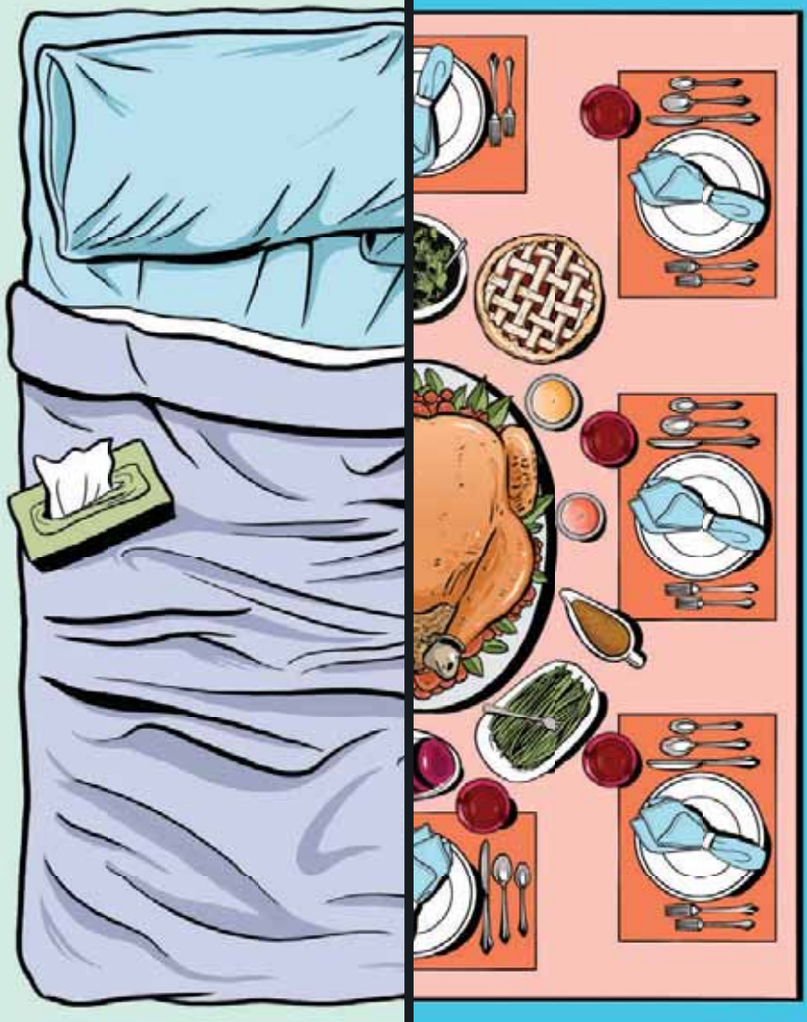

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WHAT I'M WATCHING **FARGO: SEASON ONE, EPISODE 10 (SHOMI)**

I rarely pay attention to music on TV shows, but Fargo's is magnificent

Johanna Schneller
For Metro Canada

Fargo is the thinking person's cop show with a score that makes you feel things in your gut. HANDOUT

The Score

Extremely capable, extremely pregnant police detective Molly Solverson (Allison Tolman) starts to tell her chief, Bill Oswalt (Bob Odenkirk), that the case they've been working is almost over — they're closing in on the soulless psychopath (Billy Bob Thornton) who's wreaked so much havoc in their tiny town of Bemidji, Minn.

But she's stopped by the sadness in his eyes. "I quit," he tells her. "I don't got the stomach for it … I used to have positive opinions about the world, about people.... Now I'm staring into the fireplace, drinking. I never wanted to be the type to think big thoughts about the nature of things."

It's a lovely moment about a decent man who can't fathom indecency. But what really moved me is how the score, by Jeff Russo, echoed everything Oswalt said in the swell of its strings and horns. I rarely pay attention to music on TV shows, but Fargo's is magnificent: chilly and ominous when it needs to be, but always with an undercurrent of mournfulness, a throb of humanity. The series is a brainiac's delight — each episode is named for and makes reference to a famous philosophical paradox or dilemma, or a zen koan.

The scripts ruminate on the nature of mankind: What is good? Why do we perpetrate violence? Are we all capable of evil? The actors, with their deliberate overlay of naiveté, do a wonderful job of selling those questions. But it's the score that makes you feel them in your gut.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday

CONTROVERSY

Police group calls for Tarantino boycott

Calls by police groups to boycott Quentin Tarantino's The Hateful Eight are putting pressure on one of December's most anticipated releases and inserting one of Hollywood's top directors into a pitched cultural battle.

A growing number of police groups have called for the boycott of the upcoming release after remarks the director made during the Brooklyn rally against brutality on Oct. 24 where he said: "I'm a human being with a conscience. And if you believe there's murder going on then you need to rise up and stand up against it."

THE ASSOCIATED PRESS

Quentin Tarantino
THE ASSOCIATED PRESS

COMEDY

Ansari one step closer to mastery

By one measure, Aziz Ansari has taken just a baby step with Master of None.

The new Netflix comedy series, whose 10 episodes premiere Friday, arrives as the latest in a TV genre of stand-ups (think Jerry Seinfeld, Louis C.K., Jim Gaffigan) depicting versions of themselves both on and off the stage.

But Master is its own distinctive thing, thanks to the distinctive voice of Ansari — a top stand-up who can pack Madison Square Garden in addition to being a capable actor building on his seven-season run as pint-sized impresario Tom Haverford on Parks and Recreation. He also created, produced and wrote Master (in cahoots with fellow Parks and Rec alum Alan Yang) and directed two episodes.

Granted, the 32-year-old Ansari hasn't strayed too far for his new character, Dev, a first-generation Indian-American and aspiring actor who lives in New York, where he has found moderate success doing TV commercials and spends his ample free time with a varied troupe of friends.

Aziz Ansari plays himself in Master of None. HANDOUT

"There's no big premise," says Ansari. "I tried to make the series similar to stand-up in the way each episode deals with a particular topic: long-term relationships, elderly people, how Indians are stereotyped on TV. I've enjoyed all the acting work I've done, but, until now, only in my stand-up have I felt like I've been able to get out my voice."

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Adele spent half a year writing Hello. She shares this, and other things you may have not have known about her, in a new Rolling Stone cover story. HANDOUT

Five things Adele wants you to know

ROLLING STONE COVER

Singer spills about drinking, celeb feuds

Matthew Lee
Metro | New York

Adele is on the cover of Rolling Stone, and she has a lot to say.

Because you're a busy person, we've boiled down the article to the five most important things that you need to know:

1 It took her six months to write Hello. Six months! "We had half a song written," says producer Greg Kurstin, who didn't know if Adele was ever going to come back and finish it. "I just had to be very patient."

2 She quit smoking and cut down the drinking. "I absolutely loved it, but it's not that f—ing cool when I'm dying from a smoking-related illness and my kid is, like, devastated," she says. "I used to be able to drink anyone under the table and still be able to put on an all-right show. But with kids, hangovers are torture. They just know. They pick up on it and just go for you."

3 She wants Bad Girl RiRi in her squad. "I've heard about a squad. I wish my squad was all supermodels. We are, in our brains. I guess I have my own squad," she says. "It's not as interesting as some of the other squads that are around right now. But maybe Rihanna can be in my squad! That would be really cool."

4 Don't think about pitting her against other pop stars. "I would rather not be that person because that's just pitting a woman against another woman, and I don't hold any more moral high ground than anyone else. So that has pissed me off a bit."

5 She's a feminist. "I believe that everyone should be treated the same, including race and sexuality," she says.

> **I used to be able to drink anyone under the table and still be able to put on an all-right show. But with kids, hangovers are torture. They just know.**

BRIEF

Will Kardashians cash in on Odom overdose? Now that Khloe Kardashian has settled into nursing estranged husband Lamar Odom back to health following his Nevada brothel collapse, mom-ager Kris Jenner is reportedly making her an offer she (probably) can't refuse. Jenner is said to be dangling a raise in front of Khloe in exchange for including the Odom story on their reality show, according to Radar Online. And sister Kim is not happy Odom is stealing her pregnancy thunder. "She wants the birth of her son to be the centerpiece and not Lamar's overdose," says the source.

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ROAD TESTED

THE CHECKLIST | 2016 TOYOTA YARIS SEDAN

THE BASICS

Type. Four-door, five-passenger subcompact sedan
Engine (hp/torque). 1.5-litre I4 (106/103)
Transmissions. 6-speed manual, 6-speed automatic
Price. Base $16,995, as-tested $22,200 (plus destination)

COOL FEATURES

- Available info display with 7-inch touch screen, 6 speakers, 2 USB ports, auxiliary jack, voice recognition and back-up camera
- Power adjustable and heated outside mirrors
- Bold face with hexagon lower grille, chrome and modern sharp-eyed headlights; chrome tailpipe and piano black bumpers
- Standard keyless entry, push-button start and cruise
- 60/40 split rear folding seat
- Surprisingly roomy trunk (382 L)

MIKE GOETZ/FOR METRO

POINTS

- Based on a Mazda2 and built by Mazda at its new Mexican plant
- Sold in U.S. as the Scion iA
- Automatic transmission with lock-up converter provides more city/highway combined fuel efficiency (6.4 L/100 km) than 6-speed manual (6.7 L/100 km)

MARKET POSITION

- Targeted at young and mature customers who don't need lots of room, but still covet premium features
- More of a European take on the small-car segment, where vehicles are expected to have sporty and agile handling, and expressive styling

THE COMPETITION

Ford Fiesta sedan
Base price: $15,399

Hyundai Accent sedan
Base price: $13,899

Chevrolet Sonic sedan
Base price: $19,645

REVIEW

Now with more personality and lots of non-Toyota parts

Mike Goetz
For Metro Canada

"Don't it always seem to go/That you don't know what you've got till it's gone."

When Joni Mitchell sang that line in her song Big Yellow Taxi, I'm pretty sure she wasn't emoting about the Toyota Yaris sedan.

While the Yaris hatchback has remained a constant and popular subcompact player, its sedan sibling hasn't been around for a few years.

The cruel truth is not many of us noticed. That version might have been very serviceable as a small sedan, but unfortunately it was also very nondescript.

This time around Toyota went for more personality, as per its recent strategy to break free of its historically conservative brand image.

It's also different in another major way. The Yaris sedan utilizes the same basic platform as the Mazda2, and is built by Mazda at its brand new facility in Salamanca, Mexico.

Partnerships like this are not uncommon in the auto industry, so no big deal there, but the very distinctive and swooping "Kodo" styling embodied on Mazda products at the moment is a curious element to bring to a Toyota product. Especially when Toyota has gone to a very large and distinctive trapezoidal front grille design. I don't know if marrying those two elements works? Styling is subjective so I'll shut up now about its looks and let you decide for yourself.

As far as the car goes, it's a really sporty and decent performer. Mazda's 1.5-litre four is rated at 106 hp, but from the driver's seat it actually feels feistier than that. Certainly fostering the notion is the raspy engine note, an automatic transmission with a very direct feel, and that well-regarded and stiff Mazda2 chassis.

The optional 6-speed manual should make this small sedan even more fun, but if you're expecting stuff like a big info display, better and more connected audio system with voice command, heated seats, and back-up camera, you'll have to migrate to the "automatic" model ($18,200) and add its exclusive Premium Package ($2,000).

The bones of the cabin are also Mazda, with its prominent top-of-the-dash mounted touchscreen, which can also be navigated with a console-mounted controller. Not a fan of the system in the Mazda and same thing here.

But otherwise the cabin is nicely executed with lots of chrome accents and soft-touch trim, and a steering wheel that's lovely to hold and fitted with switches to access Bluetooth and audio.

Making a small sedan is always dicey, as hatchbacks are able to give you more room and versatility for the same meagre footprint. But if you're going to build one, it makes sense to go this route and make it feel just like a smaller version of those larger and coveted premium sports sedans.

CHEMISTRY

Goodbye to gasoline? Lithium-air battery closer to reality

A new kind of chemistry could power lithium-air batteries over long-standing technological hurdles, leading toward a product that may one day be strong enough to replace gasoline in cars, researchers said Thursday.

Rechargeable batteries have been around for decades — the lithium-ion battery that powers many mobile devices is marking its 25th anniversary next year — but scaling up the technology to the level of powering automobiles has proven difficult.

Researchers have spent years looking into a kind of battery known as lithium-air, or lithium-oxygen, which could provide 10 times more power, and possibly enough energy density to compare with gasoline, but these too have been plagued by practical problems.

While an ultimate lithium-air battery remains at least a decade away, researchers at the University of Cambridge say they have patented a technology that overcomes some of the major obstacles.

Senior author Clare Grey, a chemistry professor at the University of Cambridge, said her team's "significant achievement" has been making strides toward high capacity "and the fact that we've taken the efficiency down into numbers that compete with current lithium-ion technology," she told reporters.

Since the technology is still in the lab phases, it is not possible to directly compare it to currently available technologies, she said.

But the latest approach has shown increased energy efficiency of up to 93 per cent, and does so by relying on a very different kind of chemistry than previous attempts, employing lithium hydroxide (LiOH) instead of lithium peroxide (Li_2O_2).

The "demonstrator relies on a highly porous, 'fluffy' carbon electrode made from graphene (comprising one-atom-thick sheets of carbon atoms), and additives that alter the chemical reactions at work in the battery, making it more stable and more efficient," said a statement from the University of Cambridge.

The result is another step on the path toward a more practical, high-powered battery, said Grey.

The paper is published in the U.S. journal Science. AFP

Rechargeable batteries have been around for decades but scaling up the technology for cars has proven difficult. ISTOCK

It's turbo time for the Porsche 911

Turbocharging has been deemed essential for the Porsche 911 to meet government pollution regs. It will also help against cars that currently make more power for significantly less money.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

TEXT AND IMAGES BY WHEELBASE MEDIA

EMISSIONS

Porsche flagship gets turbo engine across the lineup

It's a long way from the original air-cooled four-cylinder engine that once hung out over the Porsche 911's rear axle, but in an effort to help meet increasingly stringent fuel economy and greenhouse-gas-emissions standards, Porsche will have turbocharged engines across most of its 911 sports-car line. And it's no happy accident that they will offer a 20-horsepower increase in output over the current, non-turbo engines. The new 3.0-litre turbo has slightly less displacement than the current 3.4- and 3.8-litre engines, but turbocharging forces more air into the cylinders, artificially increasing displacement when extra power is needed.

EXTRA RANGE

New Leaf springs further per charge

The world's best-selling electric car is back for 2016 with a newly optional battery pack that's good for about 170 kilometres of motoring range per charge, up from the base range of about 135. Sporting the first 30-kilowatt battery in the segment, the bigger-battery Leaf gains about 20 kilograms without sacrificing interior space, and retaining its four-door hatchback passenger/cargo versatility. It has exactly the same interior dimensions as the existing 24-kilowatt Leaf, but the extra range "will make Leaf ownership an easy first choice for many, many more drivers," said Nissan Europe chairman Paul Wilcox.

PRODUCTION

Seeking a breakthrough with windshield glass

In the quest to make cars lighter and stronger, more auto manufacturers are looking at Corning's Gorilla Glass.

Already widely used among mobile-device manufacturers, Gorilla Glass reduces the typical windshield's weight by up to 30 per cent.

The rub as always, reports Motor Authority, comes with the cost. The chemical process that gives Gorilla Glass its strength is more expensive than the traditional soda-glazing process, so finding a production technique that allows automakers to exploit its advantages and meet automotive standards — without becoming too pricey — will be key.

"Given the industry's demand for glass, it's clear widespread adoption isn't a matter of if, but when," says the website.

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Titanium model shown

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Titanium model shown

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The Toronto Blue Jays exercised the options on outfielder Jose Bautista, right-hander R.A. Dickey and first baseman/DH Edwin Encarnacion

Crosby down in dumps over early season slump

NHL

Sid the Kid owns up to five points through first 11 games

Longtime Pittsburgh Penguins teammate Pascal Dupuis bristled at the question. He didn't think Sidney Crosby's slow start was anything to write home about.

"You go through spells like this even if you're an all-star," Dupuis said.

Unless you're Sidney Crosby.

Through 11 games, Crosby has a goal and four assists for five points, by far the worst start of his 11-year pro career and one of his least productive stretches since he entered the NHL. The superstar who has finished in the top six in Hart Trophy voting as league MVP in each of his past five full seasons isn't accustomed to this kind of slump.

Rather than letting the Penguins' winning streak cover things up or making excuses, Crosby insisted the onus is on him to break out of the slide sooner rather than later.

"I don't think you can accept not scoring," Crosby said Sunday after the Penguins' practice in Toronto. "Just as we have as a team found ways, individually shots are good, but it's better to have one shot and one goal than five and no goals.

"You've just got to find a way to bury the chances, and I think ultimately that's on me. I've got to find a way to bury my chances."

Crosby looked and felt on the verge of a breakout stretch until he went without a shot against the Maple Leafs on Saturday night, decrying that "it's tough to score not getting a shot." He had at least three shots in his previous five games and that volume of quality scoring chances spoke loudly to teammates.

"He's had a couple chances every game," centre Evgeni Malkin said. "But the puck's not coming in. It's a little bit of bad luck right now, but he's still the best player on ice every game. It's just a little bit maybe (he has to) relax and just work hard and the puck come in. It's lots of games, it's a long season."

Crosby, who has scored on an average of 14.3 per cent of his shots won't shoot 3.3 per cent the rest of the season. And with potential wingers like Dupuis, Patric Hornqvist, Chris Kunitz, Phil Kessel, and David Perron, he won't lack for assists, either.

For now, Crosby is focusing on generating scoring chances and making good on them.

"I think just making sure that when I do get those chances that I bury them, but there are no guarantees because you're getting chances that it's going to go in," the 28-year-old from Cole Harbour, N.S., said. "So you really have to focus on bearing down and take advantage of your chances." THE CANADIAN PRESS

The Penguins are 7-4-0 despite Sidney Crosby playing through one of the least productive stretches in his 11-year career. MATT KINCAID/GETTY IMAGES

> **You've just got to find a way to bury the chances.**
> Sidney Crosby

263

Crosby has been on the ice for 263 more Penguins shot attempts than opponents' attempts, a positive sign that he's on the right track.

IN BRIEF

NASCAR suspends Kenseth for retaliation

Matt Kenseth has been suspended for the next two races for intentionally wrecking Joey Logano in an act of retaliation that threatens to affect who wins the NASCAR championship.

The penalty was levied Tuesday. NASCAR also put him on probation for six months.

Kenseth was nine laps down Sunday at Martinsville Speedway when he deliberately drove Logano into the wall. The crash was payback for Logano wrecking Kenseth three races ago in an incident that ultimately led to Kenseth's elimination from NASCAR's playoffs. THE ASSOCIATED PRESS

Murder suspected after ex-Olympian disappears

A man has been arrested on suspicion of murder in the disappearance of former Olympic sprinter Yulia Balykina of Belarus.

Balykina, who ran in the 100 metres and 4x100 relay at the 2012 Olympics in London, has been missing since last Wednesday.

Investigators said in a statement that a search of her residence and car turned up "traces which together with other collected materials indicate a murder has been committed."

They said a suspect, identified only as Dmitry V., was arrested. He was identified as Balykina's former boyfriend.

THE ASSOCIATED PRESS

WORLD CUP OF HOCKEY

Babcock expected to be named head coach of Team Canada

Mike Babcock led Canada to gold medals at the 2010 and 2014 Olympics. PAUL CHIASSON/THE CANADIAN PRESS

Hockey Canada is expected to name its coaching staff for the 2016 World Cup of Hockey on Thursday in Toronto.

Mike Babcock of the Maple Leafs is expected to be named head coach after leading Canada to gold medals at the 2010 and 2014 Olympics.

According to reports, Babcock will have Joel Quenneville of the Chicago Blackhawks and Claude Julien of the Boston Bruins on his staff.

Quenneville has won the Stanley Cup three times in the past six seasons, while Julien coached under Babcock at the Sochi Olympics and won it in 2011.

Babcock, a Cup winner in 2008 with the Detroit Red Wings, was the obvious choice to return, as long as he was interested in doing so.

Steve Yzerman, who served as GM for the past two Olympics, stepped aside for this event and said he wouldn't pursue the job for 2018 either.

Doug Armstrong of the St. Louis Blues is Canada's World Cup GM, working with assistants Ken Holland of the Red Wings, Bob Murray of the Anaheim Ducks, Marc Bergevin of the Montreal Canadiens, Rob Blake of the Los Angeles Kings and Scott Salmond of Hockey Canada.

Babcock got a lot of credit for his ability to slot star players into various roles in Sochi.

"Anyone who's had success on the international format that's what they're able to do because you're getting all the stars and you're putting them in spots they're not used to playing," said Peter Chiarelli, an assistant GM for Canada at those Games and co-GM for the 23-and-under Team North America at the World Cup. "In my experience in Sochi, that's one of the things that Mike Babcock and his staff did very well and it's something that you have to do to succeed at this level." THE CANADIAN PRESS

ROSTERS

Each team must name a 16-man roster by March 1 and a full roster by June 1.

METROTALKS TIE DOMI

Think you know Tie Domi? You are in for a surprise. As we found out during a conversation with the former hockey player, the on-ice enforcer — who skated from fight to fight — is cementing his legacy with his new memoir, Shift Work.

Thoughts from the penalty box

Dean Lisk
Metro | Canada

When you have a record for being a brute and a goon — 333 career fights in the NHL — how do you change people's view of you?

For Tie Domi, the answer comes from examining his past and focusing on experiences that led to lessons about respect and accountability on and off the ice.

"I love when there is all this speculation about what type of person I was and the role I played," said the former Toronto Maple Leaf, New York Ranger and Winnipeg Jet. "I am totally fine with that."

Sure, Shift Work, out this week from Simon and Schuster, has all the puck and stick tales you would want in a memoir of a high-profile player known for bringing action into the game (fights with Bob Probert and Scott Niedermayer, to name a couple), but it's more about the ordinary people who have inspired Domi with their values.

Domi says he was approached to write a book after he retired from hockey in 2006, but the timing wasn't right. He was going through a divorce and had lost money in the 2008 financial meltdown. At one point, he returned home to find an eviction notice tacked to his apartment door.

His life had ebbed too far to write the story he wanted. He planned for the book to be positive. Domi says the real lessons in Shift Work are the ones he learned off the ice.

There is the example of his immigrant father, John, a small-business owner living in Belle River who taught young Tahir (Tie's traditional Albanian name) and his two other children the value of hard work and family.

Tie Domi opens up to Metro about his new memoir and takes on an intern in an arm wrestle. LIZ BEDDALL/METRO

There is Domi's own experiences attending the funeral of Wade Belak and seeing only three Leafs teammates there.

"I have always believed that life is too short to be negative. Moments like Wade's death and his funeral — and more importantly, the memory of his life — are another reminder to set your sights high and to never be afraid to ask for help to get there."

There are also the strangers. Strangers who became strong friends he admires for their positive attitudes. Rod who shines shoes, Milton and Joe, a waiter and bellman at the Four Seasons hotel in New York, and those coffee-shop employees who put up with customers talking on their cellphones and mumbling orders.

"People say, 'Why the back of your head? Why not your face?'" says Domi, pointing to the cover of his new book, which features the back of his helmet. "This wasn't about me."

"There are real-life stories in there," he added, opening the book and pointing to the photos on the inner cover. "I can't go fight for the guy and stick up for him but I can say what they want to say, and that is why I did the book."

Still, the hockey lover will not be disappointed. In one chapter, the enforcer recounts a moment from his early days with the Rangers, when he scored a goal and rode his stick down centre ice in celebration. He was pulled into the training room by Mark Messier and told to stop the WWE antics.

"He looked me right in the eyes and he said that I had to change my ways. 'You're never going to get respect in this league if you don't respect your peers!'" Domi writes.

"When you are in the public eye, people are always going to have their opinions — whether good or bad," says Domi. "The people who aren't well wishers, those type of people, that negative energy, I wasn't attracted to that in my friends or in my teammates. I was always positive and protected everybody.

"If you weren't positive, then you didn't last around on the teams I was involved in."

THE PLAYERS

We asked Tie Domi to give us his thoughts on some of his contemporaries — for better or worse — and some of the highlights from his career.

Mats Sundin
"Unbelievable player. Unbelievable person. Unbelievable friend."

Darcy Tucker
"Played hard. Tough as nails. Heart like a lion — and you could really rattle him easily."

Eric Lindros
"Next..."

Ed Belfour
"Him and Curtis Joseph are two of arguably the best goalies besides Johnny Bower, ever. Eddy Belfour is a great guy, a great teammate — an unbelievable teammate."

Probert-Domi 1 versus Probert-Domi 2
Which is the better fight?
"For me, Probert-Domi 1."

Daniel Alfredsson
"A lot of respect for him; beat him four times in a row."

TUTORIAL ARM WRESTLING

Wrist action

By his own admission, Tie Domi is an arm-wrestling champ. At 14, when Domi was a Junior C hockey player, his older friends would get him into bars — including Misty's near Pearson International Airport in Toronto — where he would smoke adults in arm-wrestling competitions. We asked him to show us his skills.

"I've never lost, so if you want me to break someone's arms, I'll break someone's arm," he said intensely. He calmed down when he was introduced to Metro's intern, fourth-year Ryerson University journalism student Mallory Chate.

"I am not going to slam any girls. My daughter would be like, 'Dad, you beat a girl in arm wrestling? Are you kidding?'" Domi said before placing his right hand in Chate's left. "The key to cheating in arm wrestling is 'wrist first,'" he tells her as he turns his wrist so his hand covers hers. "Always get the jump."

How did the tutorial go? Visit metronews.ca to watch Chate take on Domi.

BOARDING

Domi admits taking one for the team

Matt LaForge
Metro | Canada

Tie Domi has a confession to make to Ottawa Senators fans: it wasn't all Ricard Persson's fault.

In his new memoir, Shift Work, Domi reveals that a pivotal moment in the Ottawa Senators' torturous playoff history against the Toronto Maple Leafs was not exactly as it appeared.

The scene: May 12, 2002, Corel Centre, Game 6 of the Eastern Conference semi-finals. The Senators are up 3-2 in the series and leading the game 2-0, well positioned to advance to the third round and, more important, to beat the Leafs in the playoffs for the first time in three consecutive tries. But with about seven minutes to go in the first period, Persson, an unheralded Sens defenceman, takes an ill-advised run at Domi from behind, sending the Leafs enforcer violently into the boards and opening a bloody gash on his face. Persson gets five minutes and a game misconduct for the hit. The Leafs score twice on the ensuing power play. The Sens never recover. To this day, Ottawa still hasn't beaten Toronto in the playoffs.

Every Sens fan who was sentient at the time remembers the hit and its aftermath vividly, and for the past 13 years the entirety of the blame has been on Persson, who never played another minute in the NHL. But, as Domi was happy to admit to Metro, the hardheaded winger had seen the hit coming and was able to turn it to his advantage.

"I see him coming and I step back from the boards, and he hit me and I ... cut myself purposely," Domi said as he mimed a deliberate headbutt against the boards.

"Two goals on the power play. I hate to ruin it for all the Senators fans."

In other words, Sens fans, the whole thing was even worse than you thought.

SOCCER

Rooney boosts goal-shy United to put them top

Wayne Rooney ended Manchester United's 404-minute goal drought on Tuesday, clinching a 1-0 victory over CSKA Moscow and sending the team top of its Champions League group. The United captain wasted a golden chance in front of goal at Old Trafford before meeting Jesse Lingard's cross with a header in the 79th minute.

United now has a one-point lead at the top of Group B over PSV Eindhoven, which beat Wolfsburg 2-0. THE ASSOCIATED PRESS

City's Sterling, Bony score first CL goals to sink Sevilla

Raheem Sterling scored his first Champions League goal to help Manchester City seal its place in the round of 16 with a easy 3-1 win at Sevilla on Tuesday.

Fernandinho doubled the advantage in the 11th before Sevilla's Benoit Tremoulinas scored for the hosts. City striker Wilfried Bony then got his first Champions League goal on 36 minutes to make it 3-1. City moved into first place in Group D with nine points. Sevilla has three. THE ASSOCIATED PRESS

Fernandez helps Madrid progress to knockout stage

Nacho Fernandez scored from a tight angle to help Real Madrid edge Paris Saint-Germain 1-0 and advance to the knockout stage of the Champions League on Tuesday.

PSG threatened the most at the Santiago Bernabeu but Madrid escaped with the victory when Fernandez surprised goalkeeper Kevin Trapp with a soft shot that spun into the far corner on 35 minutes. The win gave Madrid 10 points from four matches in Group A and put them into the next round. THE ASSOCIATED PRESS

Royals throne a big party

MLB

Kansas are kings of world as fans flood the city to celebrate

The world champion Kansas City Royals basked in the adulation of thousands of ecstatic fans in a parade and rally Tuesday that nearly shut down downtown for hours.

After driving a 2.3-mile route in a caravan, team owner David Glass, manager Ned Yost and several of the Royals returned the love by telling fans they could not have captured the World Series without their support and calling the turnout for Tuesday's celebration "unbelievable" and "amazing."

"This is a day like none of us have seen before and we appreciate it from the bottom of our hearts," Yost said.

"What (the team) wanted most was to come to this city to win a championship for you guys. We celebrate it with you today."

Right fielder Alex Gordon, who has been with the team since 2007, recalled years of losing seasons for the Royals.

"To see this unfold to this is unbelievable. We're the World Series champs and you are the best fans in the world," he told the crowd.

Gordon, who's not expected to exercise an option on his contract for next season, gave no hint about his possible future with the team.

Johnny Gomes, a mid-season acquisition from the Atlanta Braves who didn't make the playoff roster but was credited with bringing positive energy to the clubhouse, was the most animated of the players, forcing the reluctant relieving corps to take a bow and introducing several players.

He also asked for a moment of silence in honour of Edinson Volquez's father, Chris Young's father and Mike Moustakas' mother, all of whom died this year.

"It's unbelievable what those guys did," Gomes said, emphatically. Volquez drew loud applause when he vowed that the Royals would be back on the same stage next season after winning another world championship.

Kansas City Royals manager Ned Yost holds up the Commissioner's trophy during a parade on Tuesday to celebrate the Royals winning the World Series. REED HOFFMANN/THE ASSOCIATED PRESS

> **This is a day like none of us have seen before, and we appreciate it from the bottom of our hearts.**
> Ned Yost

No official crowd estimates were immediately available; fans began arriving hours before the festivities and were packed in so tightly that many could not move. Yet the mood remained mostly jovial, with people waving flags, hats and signs, thrilled for their team's first World Series win since 1985.

Hall of Famer George Brett told the crowd this year's team was better than the one he played on in 1985.

"These guys are the best team ever, in my opinion, and I'm sure in yours too," he said. THE ASSOCIATED PRESS

Baker hired to make Nationals rise again

Dusty Baker is the new manager of the Washington Nationals, meaning Major League Baseball avoids what would have been its first season since 1988 with zero black skippers.

The Nationals announced Baker's hiring on Tuesday, nearly a month after firing Matt Williams, whose lack of prior experience turned out to be a problem as the club missed the playoffs.

In the 66-year-old Baker, the Nationals get someone who already has worked 20 seasons as a manager in the majors and whose 1,671-1,504 career record — a .526 winning percentage — includes the second-most victories of any active manager.

He led the San Francisco Giants to the 2002 World Series, and reached the post-season a half-dozen other times. Baker also managed the Chicago Cubs and, most recently, the Cincinnati Reds, who fired him in 2013. Baker won NL Manager of the Year honours in 1993, 1997 and 2000.

Nationals general manager Mike Rizzo let Williams go a day after the club, which had World Series aspirations, finished the regular season barely above .500 at 83-79, seven games behind the New York Mets in the NL East.

Williams had never managed in the majors before being hired for the 2014 season, when the Nationals won their division and he was voted NL Manager of the Year. THE ASSOCIATED PRESS

Former Giants manager Dusty Baker. GETTY IMAGES

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RECIPE Salmon Rice Bowl

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in
Prep time: 45 minutes

Serves 4

Ingredients
- 1/2 cup soy sauce
- 2 tsp sesame oil
- 1/4 cup brown sugar
- 2 tsp sriracha sauce
- 3 Tbsp rice wine vinegar
- 3 salmon filets
- 1 cup rice
- 1 carrot, matchsticked
- 1 pepper, matchsticked
- 2 cups cabbage, finely shredded
- 1/2 cup edamame
- 1/2 avocado, cubed
- handful of sliced scallions
- 2 Tbsp sesame seeds
- 1 sheet nori, torn into small pieces (optional)

Directions

1. Whisk together the first five ingredients and set half of it aside for dressing. Pour marinade over salmon, cover with cling film and place in the fridge for half an hour.

2. Preheat oven to 425 F. Cook rice according to package instructions.

3. Cover a baking sheet with foil. Place the salmon on the sheet and bake for about 8 minutes. Discard the remaining marinade. Remove from the oven and break cooked salmon into large bite-sized chunks.

4. In a large bowl, toss together the cabbage, carrot, pepper, edamame and avocado with the salad dressing. Place a large scoop of rice in each bowl, add a large scoop of salad mix. Top with pieces of salmon to the top and scatter over with scallions, sesame seeds and nori.

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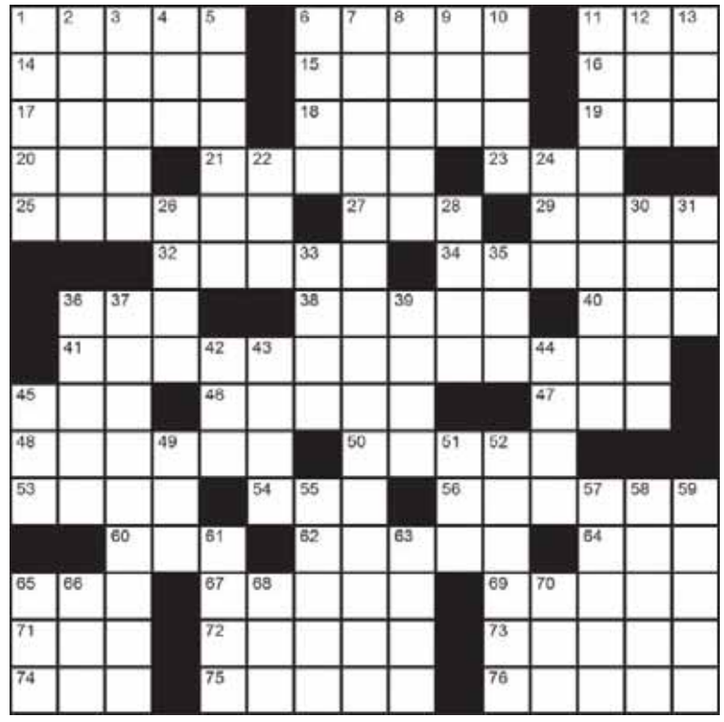
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Real estate agent's presentation
6. "Iron Chef America" host Mr. Brown
11. Wear
14. Horn, in Latin
15. Sir __ _. Macdonald (Canada's first Prime Minister)
16. Pint drink
17. Lock of hair
18. Once _ __ (Every 12 months)
19. Allow
20. Back then
21. Ms. Reid, and namesakes
23. "Fantastic food!"
25. Sort of soup
27. "WKRP in Cincinnati" news director
29. Component
32. Plaudit
34. Kind of overcoat
36. CFL positions, e.g.
38. Stately
40. There: Latin
41. 23rd Prime Minister of Canada: 2 wds.
45. 'Me' in Montreal
46. Waikiki welcome
47. Clinic pros
48. Acrylic fabrics
50. Go in
53. Subtraction opp.
54. Bow
56. __ and dryer
60. "__ all good." (Things are fine)
62. Famous cream-filled treats
64. Inventor Mr. Whitney
65. Room for reading
67. Angel props
69. Lodged, say
71. Energy unit
72. Solemnly swears
73. __ Corporal (Marines rank)
74. Used to be
75. __/__ question
76. Irish poet W.B.

DOWN
1. Eight-based
2. Shape the iron
3. Refrigerant
4. Nav. designation
5. Characteristic of a log cabin
6. Not quite closed
7. In allegiance with Queen Elizabeth: 4 wds.
8. This stuff
9. "__ _ Carousel" by The Hollies
10. Not one
11. 1 of a 101 in the Disney movie
12. Grand __ Opry
13. Goalie's area
22. Everything
24. Increases
26. Dick Tracy's beloved
28. U.S.S. Enterprise crew member
30. Puzzle type
31. Prefix with 'angle'
33. 'A' in AD
35. Pointed the way
36. Coastal sight in Norway
37. The Parliament __
39. __ muffins
42. Neutral tone
43. Character in "Casablanca" (1942)
44. Makes mistakes
45. New Zealand bird at one time
49. Ottawa's li'l locale
51. Testing, testing One, __, Three...
52. Without problem
55. Chocolate-coated caramel candies
57. Mehndi need
58. Send to Parliament
59. Drives
61. Single-horse carriage
63. Big name in gas stations
65. Mountain __ (Soft drink)
66. Great time
68. Road type, briefly
70. Highlands negative

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something will happen that makes you wonder if you were too quick to judge someone. Yes you were. Your mistake won't cost you much this time but check your facts in future.

Taurus April 21 - May 21
Something you've been trying to keep a secret will be revealed for the world to see. There is no point trying to deny what you have done, so you might as well enjoy your notoriety!

Gemini May 22 - June 21
Cosmic activity in a sensitive areas of your chart means it will be difficult, maybe impossible, to get through to loved ones today, so don't waste your time trying. They will come around when they are ready.

Cancer June 22 - July 23
Try not to expect too much of yourself today because it is unlikely that you will get much done. Saturn's influence warns you need to take better care of your health. Take it easy.

Leo July 24 - Aug. 23
Make life easier for yourself by avoiding confrontations and giving others the benefit of the doubt even when they do not deserve it. Why make life more difficult than it needs to be?

Virgo Aug. 24 - Sept. 23
Little things will get under your skin today and you will find it hard not to snap at people. Those who know you well will read the signs and stay out of your way. Those who don't will learn the hard way.

Libra Sept. 24 - Oct. 23
The best way to deal with setbacks is to greet them with a smile and show those around you that you are not in the least bit worried. It may not be true but pretend that it is.

Scorpio Oct. 24 - Nov. 22
Be wary of people who go out of their way to appeal to your emotions. You could lose out in a big way if you let others persuade you to believe in what your head tells you is rubbish.

Sagittarius Nov. 23 - Dec. 21
The more you give in to others' demands today the more they will expect of you, so put your foot down and leave no one in any doubt that you are not the sort who can be intimidated. Help yourself!

Capricorn Dec. 22 - Jan. 20
While others are running around in a panic you will calmly assess the situation and decide what needs to be done. Whether or not it is the right decision is not important: what matters is that you keep your head.

Aquarius Jan. 21 - Feb. 19
You are entitled to your opinions and you are entitled to express them. Freedom means the right to disagree and the right to be heard. Just remember it works both ways.

Pisces Feb. 20 - March 20
People in positions of power will be a bit touchy today, so think before you speak and think again before you act. Your reputation could suffer if you upset those who call the shots.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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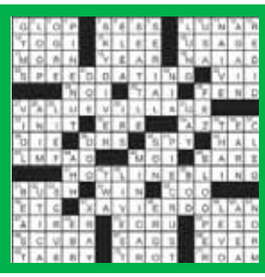

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